



Magnificent Malta

The island of Gozo offers sweeping views of the Mediterranean, superb diving and 1,000-year-old legends

PAGE 11

Getting Mahlzeit right

A dining facility manager decides to take 'going green' to a new level at Rose Barracks

PAGE 6

Remedial Recycling 101

Schweinfurt residents cited for illegally dumping get a recycling refresher

PAGE 3

Bavarian News

Vol. 7, Nr. 13

U.S. Army Garrisons Grafenwoehr, Hohenfels, Ansbach, Schweinfurt and Garmisch

July 6, 2011

NATO forces converge for Allied Strike

By Capt. Tristan Hinderliter
USAFE Public Affairs

GRAFENWOEHR, Germany — Fighter jets screamed overhead here as the execution phase of Allied Strike 2011 was in full swing last week, capping months of extensive planning that brought together nearly 350 people from the U.S. and 14 NATO partner nations for the largest close air support exercise in Europe.

"The planning effort was mas-

sive," said Capt. Ruven Yarbrough, exercise deputy director from the 4th Air Support Operations Group in Heidelberg, Germany. "It was a giant undertaking, but one that we could do. When every person involved devotes some of their time, and a few have the ability to set the structure and vision, it's a completely achievable task."

The opening ceremony included three airmen jumping out of a C-130J aircraft and a welcome address by

Col. Nick Vite, commander of the 4th Air Support Operations Group, the unit sponsoring the exercise.

"Everybody who is sitting here in a uniform, you have to share your experiences with us," Vite told exercise participants during the ceremony. "You're the teacher as much as you are the student, and don't forget that. This exercise is really dependent on what you bring to the fight, as well as what we bring to the fight."

This was the fifth iteration of the

annual exercise, which has grown exponentially each year. The exercise is designed to provide realistic training in all aspects of tactical air control and close air support. Several training lanes were geared specifically toward JTAC, while other lanes provided training for non-JTACs.

"We simply cannot do this type of training without our support personnel," said Lt. Col. Jon Berry, the exercise director and commander of

See EXERCISE, page 17

Hungry for adventure

Cadets learn valuable skills at 'summer camp'

Story and photos by
Molly Hayden
Staff Writer

GRAFENWOEHR, Germany — They were "Army tough" as 214 Junior Reserve Officers' Training Corps cadets tested their mental and physical capabilities during the 10-day Cadet Leadership Challenge, held in the training area, here, June 19-29.

Cadets from around Europe participated in events including canoeing, weapons simulation, rock climbing and rappelling, urban orienteering, a drill competition and klettersteig, where they traversed across boulders in the uniquely European sport. The Leaders' Reaction Course at Camp Kasserine, however, tested teamwork beyond anything the cadets had experienced.

"You really have to communicate," said cadet Sgt. Joseph Harmon, Stuttgart,



Cadet 1st Lt. Kelsey Newsell, (left), gets a helping hand from cadet Pfc. Deven Smith during an event at the Leaders' Reaction Course.

who "took one for the team" by falling into a pool of water in order to execute a group task and save a barrel filled with simulated ammunition. "You can't complete these tasks on your own, we need each other."

Cadet Sgt. William Gann, Bamberg, agreed.

"We assessed the strengths and weaknesses of everyone on our team and then we play those parts," said Gann.

For the past 15 years, cadets have participated in the Cadet Leadership Challenge, affectionately calling it "summer camp."

The activities held at the 10-day camp test the young cadets both physically and mentally, said retired Maj. David Schwab,

See JROTC, page 17



JROTC cadet Cpl. Ben Ferguson, Stuttgart, rappels down a wall during a Cadet Leadership Challenge exercise at Grafenwoehr Training Area, June 27.

INSIDE

Moving to strike

Participants battle for bragging rights at the 2011 Bavarian Open Combatives competition.

See page 4

Traveler's delight

Some souvenirs are better left alone; a doctor shares tips for avoiding Montezuma's revenge.

See page 12

Index

Op-Ed	2
News	3-6, 14, 16, 17
What's Happening	8
Travel	11
Medical	12
Movies	18

Dancers, Soldiers in awe of each other

Story and photo by
Charles Stadtlander
USAG Schweinfurt Public Affairs

SCHWEINFURT, Germany — Three dancers from the television show "Dancing with the Stars" rolled in to the garrison here under thick gray skies and heavy rains, June 16. They arrived with a set of publicists and handlers who scurried with raised umbrellas to shield the on-screen personalities from the elements as they were led inside the garrison headquarters for a quick tour and introduction to the command team.

"This is one of the best parts about our jobs," said Chelsie Hightower, a dancer who has cut a rug on the show with such celebrities as singer Michael Bolton and rodeo star Ty Murray. She



said she was especially interested in meeting the everyday Soldiers who train here. "We love this opportunity to come see the people who take care of us."

Though Lt. Col. Everett Spain, USAG Schweinfurt garrison commander, asked the three visiting dancers — including Irish-born Tristan

MacManus and Australian Peta Murgatroyd — about their own personal histories, the conversation naturally returned to focusing on the troops who train here.

Spain explained to the dancers how Army units stack up, from squads to platoons to companies to battalions. The visitors were

inquisitive and rapt with attention on learning about this new world.

"So how long are these guys going to be in Afghanistan?" asked Hightower when Spain mentioned that many Schweinfurt troops would soon be deploying. Standing in his office, he explained See DANCERS, page 17

E-mail changes to begin this month

@eur.army.mil will become @mail.mil

By 5th Signal Command Public Affairs
News Release

WIESBADEN, Germany — Those using @eur.army.mil will be migrating to the global e-mail system called Enterprise Email, changing to @mail.mil later this month.

The 5th Signal Command (Theater), headquartered on Wiesbaden Army Airfield, will oversee the Enterprise Email transition in U.S. Army Europe, U.S. Army Africa, European Command and African Command.

This move will bring the following improvements and perks to overall e-mail experience:

The Global Address List (GAL) will be expanded to include all Department of Defense forces. All DoD users of Enterprise Email will be able to locate anyone in any branch of the military directly from their Microsoft Exchange address book.

Outlook mailbox increase to 4GB.

Everyone is assigned a new e-mail address that will stay with them wherever they go, to include change

See E-MAIL, page 17

Army warns against raw sprouts

By U.S. Army Garrison Grafenwoehr Public Affairs
News Release

The Europe Regional Medical Command and the Public Health Command Region-Europe advise Department of Defense personnel and their families not to eat raw sprouts.

The rationale for this advisory is based upon German public health authorities reporting a strong association among the E. coli outbreak patients and consuming raw sprouts. Specific sources of the outbreak remain uncertain and have not been confirmed.

Raw tomatoes, cucumbers and lettuce from DoD-approved sources within Europe will continue to re-enter the U.S. government-sponsored commissaries and dining facilities in Europe as there is no known concern for these foods at this time.

In general, to lower the risk of possible food contamination: wash hands before and after preparing foods; wash all fruits and vegetables; avoid cross contamination of different foods; keep storage temperatures low for food; and peel and cook fruit and vegetables to further remove microbes.

Patron praises library as she checks out

By Sandra M. Elliott
Special to the Bavarian News

I have always been a library "fan" encouraged by my parents at a very young age to read. As I grew older, I remember leaving the library with armloads of books, headed with excitement to my house to begin reading all of them. I carried the tradition of love for my local library onto the next generation, by teaching my triplets to read, beginning at the age of 3 and 1/2. Wow! Now I could head to the library with my threesome and bring home an unlimited number of books, continuing to enjoy what the library had to offer, and share the joy and adventure of reading with my children.

To me, and to my family, the library is so much more than a place to get books, rather it is a place to grow, a place to find "life." We have moved several times with the Army over the years, (my children are now 14 years old), and the library is one of the first stops my family makes. Once you are registered at your library, a whole new world opens up to you, and the sky is the limit for learning new things and developing or improving upon a variety of skills.

Our library here in Hohenfels has truly been a blessing to our family and has spurred such phenomenal growth for

**In the great little place we call
Hohenfels, the library stands
out as a place we will miss.**

each of us. This is because our library staff does more for our little community than just offer shelves of books. Our library truly serves as a "place of refuge" and as "the place to be" among the shelves of books. Our library staff has made a special effort to connect with the community in so many ways.

By sponsoring baking contests, reading programs, story hours and special competitions, the library staff has brought people here to the library to "check out" all of the excitement.

In the past two years here, my family and I have stretched our boundaries and have enjoyed the journey of growing together.

Currently, a picture of my girls and me hangs in the computer area along with other winners of their sponsored "Why I Love to Read" competition. We all had to write about why we loved to read, and about our favorite book. My family will leave here with ribbons, plaques and prizes from winning the "Pumpkin Love Baking Contest" and the 2010 and 2011 Hohenfels Annual Baking contests held

during the annual community volksfest. What an exciting two years it has been for our family due to the library's efforts to find unique and exciting ways to connect with its community.

What people may not know is that behind the ribbons and the photo keepsake are hours of family time — hours spent searching for new recipes together, trying various techniques in the kitchen, sharing creative ideas, and laughing at the flops and foibles, prior to rushing our precious cakes and pies to the library. Those are the moments we will remember, knowing that our library was truly a place of encouragement and growth and deeper connection for my teenagers and me.

What I have witnessed here, and in other military communities, is that the library is the "cool" place to be. I have seen people flock across the parking lot to the library in Heidelberg after church; I have seen Soldiers gather, using the computers to keep in touch with loved ones. I have watched as excited readers gather for book clubs or story hours, as well as family members meet

for conversational language classes, and throngs of people crowd into the library's nooks and crannies to observe the judging and awards ceremony as local community members serve as judges for the "Pumpkin Love Baking Contest."

Yes, as we leave the Hohenfels community this summer, we leave with sadness in our hearts, knowing that we won't be here next year for the "traditions" our little library has sponsored. We know that new families in the community will find our library to be a "place to cherish" as we have found it to be.

In the great little place we call Hohenfels, the library stands out as a place we will miss. We will leave here with an armload of memories of special moments — about books, about challenges and about community. We will continue our family tradition of making the library our first stop in our new home, but the Army libraries will always hold a special and unique place in our hearts.

Our little Hohenfels library has made such an impact on our family, and I decided to pen a little acronym about it: At our library, there is Life In the Bountiful Racks All Ready (to be) Yours!

Editor's Note: Sandra M. Elliott, MS, PT, M.Ed., is a retired Army major.

Soldiers pay for various offenses

By JMTC Office of the Staff Judge Advocate
News Release

At a general court-martial convened on Conn Barracks, Schweinfurt, Germany, May 14, Spc. Gareth A. Drummond, D Company, 9th Engineer Battalion, 172nd Infantry Brigade, was found guilty, in accordance with his pleas, of one charge and one specification of a violation of Article 128, UCMJ, assault consummated by a battery.

He was found guilty, contrary to his pleas, of one charge and one specification of a violation of Article 90, UCMJ, willful disobedience of a superior commissioned officer; guilty, of one charge and one specification of a violation of Article 120a, UCMJ, stalking; guilty of one charge and three specifications of a violation of Article 134, UCMJ, indecent language and communicating a threat.

Drummond was found not guilty, in accordance with his pleas, of one charge and three specifications of a violation of Article 128, UCMJ, for aggravated assault and assault consummated by a battery; not guilty of one charge and four specifications of a violation of Article 120, UCMJ, for aggravated sexual assault and indecent conduct; not guilty of one charge and two specifications of a violation of Article 134, UCMJ, kidnapping and communicating a threat.

An enlisted panel sentenced him to be reduced to the grade of private (E-1), to forfeit all pay and allowances, to be confined for a period of 28 months, and to be discharged from the service with a bad conduct discharge.

Battery

At a special court-martial convened on Conn Barracks, Schweinfurt, Germany, May 18, Sgt. David E. Graham, F Company, 5th Battalion, 158th Aviation Regiment, 12th Combat Aviation Brigade, was found guilty, contrary to his pleas, of one charge and two specifications of a violation of Article 128, UCMJ, assault consummated by a battery; and one charge and one specification of a violation of Article 134, UCMJ, solicitation of another to commit an assault consummated by a battery.

Instead of working on themselves to gain "leadership mass" they threw their efforts outward—receiving nothing in return. The only way to have a natural and powerful leadership influence was to build enough mass into yourself to cause a change in the path of anyone else who enters your sphere.

If I keep at it, it shouldn't be long until I reach Soldier 360° super-nova ...

Editor's Note: Orth graduated from Soldier 360° in January 2011.

See UCMJ, page 17

Soldier 360° about changing perspectives

The second reflection and exercise in an eight-part series designed to help Soldiers become healthier and more resilient in their daily lives and careers.

By Sgt.1st Class John Orth
1st Inland Cargo Transfer Co.

"Soldier 360°, I think they do some touchy-feely stuff," said one of my fellow Soldiers. He said it with as much enthusiasm as a wet paper bag. I'd asked the question, because I had just found out that I was supposed to go to the two-week course.

Little did I know, in just two weeks, not only would my perspective change, but Soldier 360° would change my life; I can now say with confidence that the Soldier 360° course is a leader's course that improves your personal level of physical, spiritual and emotional well-being, while showing you how to do the same for the Soldiers under your leadership ship.

It was amazing to see the connection between relaxation and ease versus the effects of stress and "dis"-ease. We explored the benefits of a positive perspective on things, and tied it all together by finding ways to increase our "leadership gravity," a John C. Maxwell concept. Maxwell said leadership is influence.

It is this kind of work that we do on ourselves that increases who we are as leaders. Just like a star or any

SOLDIER 360°
The "Oh-well" exercise

You will feel calm and relaxed — just try it!

- Close the door or find a quiet place
- Sit in a comfortable position and close your eyes.
- Clear your mind of all thoughts, if a thought surfaces, or you have a distraction...don't judge yourself ... Just think: "Oh well," and resume focus, clearing your mind.
- Repeat step three, saying "Oh well," as much as necessary, until you reach the state of calm you seek.
- Stay calm and focused until you are ready to resume your duties.

Army reserves and Soldier 360° instructor, started the discussion one day with the thought: "Is this the hill that I want to die on?"

It struck a chord in me as I realized how many petty and meaningless battles I'd stubbornly pursued. We talked about stress in our lives, and how a certain level of stress is beneficial, but too much can be overwhelming. I had never thought about stress being helpful, but if things are too easy we would never reach our full potential.

On the other side of the scale, not enough ease leads to higher stress, weakened immune and recovery systems, and higher rates of disease. One of the most helpful exercises led in this session involved a meditation where every stressful thought that came to mind was dismissed with a firm but positive "Oh well."

It was such an effective technique that I've used it several times since. I'm certain that it has helped me to make better decisions as a person and as a leader. This is why it's so important to pick our battles and work diligently to see things with a positive perspective.

I've also noticed that it has been easier for me to be positive instead of negative when

other planetary body, the more mass we have, the greater our pull on others around us. The term "leadership gravity" was coined to explain this dynamic.

Dr. Glen M. Wurglitz, a psychologist and major in the

Was denkst du?

(What do you think?)



"Edelweiss ... or Italy if I get my passport in time."

Sgt. Austin Baker
Multitransmission systems operator/maintainer
57th Signal Co., 172nd Inf. Bde.



"I'm going to Rome."

Amber Hakes
Family Member
USAG Grafenwoehr

What are your plans for summer vacation?

By Vilseck High School Sophomore Melissa Morris



"Hessen."

Beatrice Martin
Family Member
USAG Grafenwoehr



"PCSing and visiting family."

Rachel Orth
Family Member
USAG Grafenwoehr



"I'm taking a trip back to the states - Texas and South Carolina."

Steven Tracy
Rec. Assistant, Main Post Warrior Zone and Commissary Merchandiser
USAG Grafenwoehr

Prevention key to mitigating mold

By U.S. Army Garrison Grafenwoehr Public Affairs
News Release

GRAFENWOEHR, Germany — Summer in Bavaria has finally arrived, and families are preparing to head out for summer vacation. Naturally, many will lock their homes up tightly, but they could come home to an unwelcome surprise: mold.

According to the Center for Disease Control, there is a little mold everywhere and one cannot avoid being exposed to it; it grows year-round and is found both inside and outside of the home.

When moisture or water accumulates indoors, mold growth will often occur, according to Industrial Hygienist Dr. Phillip Murray, Public Health Command Region Europe.

"The way to control mold is to control moisture," said Murray, adding that residents are advised to contact the housing department immediately if an issue arises in their home.

Additionally, the garrison, including the Department of Public Works, is committed to remediation of mold on the installation.

"Bavaria is a beautiful place to live and work. The local climate produces the lush green forest that surround our community," says Kathy Aydt, U.S. Army Garrison Grafenwoehr Deputy Commander. "Unfortunately the same climate that sustains the beautiful forest of Bavaria also provides a perfect environment for mold and mildew. It is important that we educate our community members about the presence of mold and the preventative actions they should take on a routine basis in their homes."

Preventing mold

In all situations, the underlying cause of water accumulation must be rectified or mold will recur. Here are some tips to combat mold:

Fix leaky plumbing and leaks in the building envelope as soon as possible.

Watch for condensation and wet spots. Fix sources of moisture problems as soon as possible.

To reduce the moisture level in air, repair leaks, increase ventilation (if outside air is cold and dry), or dehumidify (if outdoor air is warm and humid).

Keep heating, ventilating, and air-conditioning (HVAC) drip pans clean, flowing properly, and unobstructed.

Maintain low indoor humidity, below 60 percent relative humidity (RH), ideally 30-50 percent.

Clean and dry wet or damp spots within 48 hours.

Ventilate areas in the home that use water, i.e. kitchen and bathroom. Open windows twice a day for a short period of time to allow air to flow.

Like all organisms, molds have an absolute requirement for water. The types of mold and their abundance in an area depend on the availability of nutrients (i.e., dirt), water and

Putting the ponies out to pasture



GRAFENWOEHR, Germany — Jane Zink, 10, flaunts her hard-earned dough during the Car Boot Sale at the Main Post Library, June 18. More than 12 families purged personal belongings to treasure seekers at the sale. Zink sold many of her toys, including a beloved pony castle, in preparation for her move to Fort Campbell, Ky. She intends to use the money for items for her new room.

Photo by Molly Hayden

Future of Army is green

Rieck named DPW Garrison Support Executive of the Year

By Molly Hayden
Staff Writer

GRAFENWOEHR, Germany — Manfred Rieck, U.S. Army Garrison Grafenwoehr's DPW Environmental Division Chief, is the epitome of environmental stewardship, and he has the experience to match the heart.

For the past 32 years, Rieck has worked with the U.S. Army's environmental division to maintain balance between the environment and the military mission while making environmental protection easy for Soldiers and reducing loss of training time.

"It's about finding creative solutions to support each mission while still being in compliance with environmental laws," said Rieck. "It's a compromise."

Rieck's ability to reduce costs, improve business processes and the overall efficiency of the environmental programs in support of USAG Grafenwoehr, garnered him the DPW Garrison Support Executive of the Year award, an award he feels will benefit the garrison as a whole.

"In a time when we are asked to do more with less and have constant discussions about saving and efficiencies, this award shows that garrison Grafenwoehr is far ahead in this area," said Rieck. "This recognition is important."

His achievements were recognized previously with the U.S. Army Environmental Award for Environmental Quality (overseas installations), in the years 2000, 2006 and 2010.

Rieck has built a professional environmental team to ensure optimum environmental support to the DPW and the garrison. He constantly strives to further develop his workforce by enabling high-quality professional training, exchanging experience with other organizations, and through cross-training and providing incentive awards programs.

Additionally, Rieck actively partners with local communities, county offices and universities, along with the German Forest Services and the Bavarian Nature Protection Associations for environmental outreach.

While the environmental laws continue to evolve, Rieck has kept up with the changing times; he consistently alters his duties to maintain a keen focus on balancing military initiatives.

Starting his career as a mechanical engineer in noise control, Rieck migrated into environmental engineering in the 1980s, focusing on hazard waste removal and material storage.

During the 1990s, the training area was used for live fire and land maneuvering, which brought land erosion, according to Rieck.

"Our focus was to regrow the fauna and flora," said

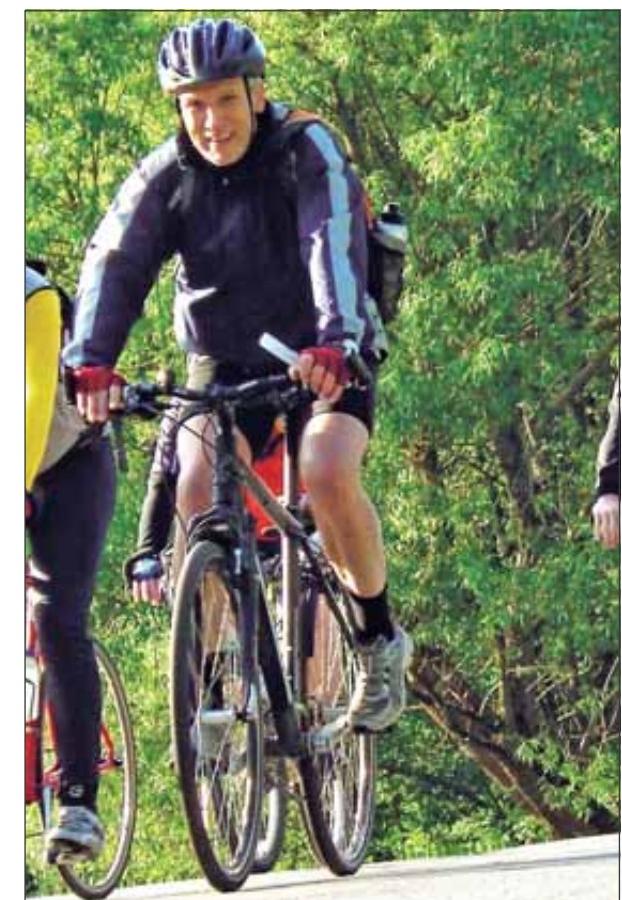


Photo by Jeremy Buddeimer

U.S. Army Garrison Grafenwoehr Department of Public Works Environmental Division Chief, Manfred Rieck, pedals past Gate 6 on Main Post as a part of "Bike to Work Day," recently in an effort to promote environmental initiatives on post and in the training area. Rieck's dedication to USAG Grafenwoehr's environmental programs has earned him the DPW Garrison Support Executive of the Year award.

Rieck.

As time moved on, so did the focus. In the new millennium, contaminated site clean-up and handling hazardous substances were researched and new policies were enacted.

"Our goal was to change the habits of the Army to make working and living environments safer," said Rieck. "And to work with host nation authority to ensure recent developments did not impact the missions."

So what does the future hold?

"The big goal of the Army is now sustainability," said Rieck. "The future of the Army is green."

Irresponsible residents get remedial recycling class as penance

Story and photo by
Charles Stadtlander
USAG Schweinfurt Public Affairs

SCHWEINFURT, Germany — The message was clear at the outset of the Recycling Education Class held here, June 8.

"The purpose of your being here is to educate you better," said Capt. Jonathan Houston of the garrison's Directorate of Public Works. Houston was joined by Joy Bearor, civilian misconduct officer, and DPW's Brad Posey, who administers recycling facilities here.

The pupils were residents who had recently been cited for illegally dumping trash, and their time in class counted toward fulfilling their community service obligation for the offense.

"Recycling is mandatory in Germany," reminded Posey. "I'm trying not to stand up there and talk about stuff we already know."

The class focuses on proper techniques for sorting trash into waste, compost and recyclables, as well as offering household tips for reducing the overall amount of trash produced. Illegal dumping is specified as leaving trash outside of designated dumpsters or allotted personal receptacles.

"It's amazing," said Posey. "Some people only use paper plates when they're at home. For every meal! And they wonder why their trash can fills up faster than everyone else's."

Some attendees said the reason for their citation was that they relied on their children or neighbor's children to take out their trash. If the trash doesn't make it to the designated spot, it's the original resident's fault, not the children's. Every resident of government housing is responsible for seeing that their own garbage gets where it needs to be, according to Posey.

During the class, Posey also detailed specifics of recycling, from how milk cartons get recycled (as plastic, not paper) to the disposal of plastic food containers and disposable cutlery. It all goes into plastic recycling, regardless of whether it has food residue on it.

The class's main purpose beyond simple education is to reinforce the pride in community lost when offenders



Capt. Jonathan Houston of the USAG Schweinfurt Directorate of Public Works introduces material for the Recycling Education Class at the Freecycle Center, June 8. The class is assigned to people cited for illegally dumping and is intended to educate them on proper waste disposal while living in Germany.

dump illegally. Attendees can multiply their time applied toward community service by practicing enthusiastic participation techniques. Bring a family member? Double your time earned. Ask lots of questions at the class? Halve the time you have to spend there, but still earn full credit for the entire evening.

"It doesn't have to be punishment," said Posey. "If a community member wants to show up to learn, we welcome them. We get out of a negative atmosphere around here. We teach teamwork and spreading the love. We're about participation, not punishment."

Posey stressed the community shouldn't be producing more trash than it is allotted to dispose of. Living in Germany, there are restrictions on what we can throw away, how much of it we can produce, and where to put all of that waste. "If you continue your American lifestyle over here, we're going to have a problem," he said solemnly.

Tournament strengthens warrior spirit

Story and photos by
Mark Iacampo
USAG Hohenfels Public Affairs

HOHENFELS, Germany — Soldiers from across Bavaria gathered at Hohenfels Sports and Fitness Center to test and display their combative skills in the 2011 Bavarian Open Combatives competition, June 25.

"Every Soldier regardless of MOS (Military Occupational Specialty) or duty position is required to be proficient in basic combative status," said event coordinator Sgt. 1st Class James Boston. "Events such as today's are designed to test that proficiency and help Soldiers build confidence in their abilities."

Preliminary bouts were fought with competitors using take-downs and grappling to try and force their opponent to submit. During the finals, fighters could use limited strikes such as kicks, blows to the body, or open-handed strikes to the face.

"As Gen. MacArthur once said, 'On the fields of friendly strife are sown the seeds that on other days and other fields will bear the fruits of victory,'" said Lt. Col. Rafael A. Paredes, 1st Battalion, 4th Infantry Regiment, commander. "The worst that can happen here today is a bloody nose, a black eye or a bruised ego."

Staff Sgt. Judith Oman, U.S. Army Garrison Grafenwoehr Religious Support Office, who recently placed 2nd at the IMCOM-E Best Warrior NCO of the Year Competition, said her NCO suggested they compete not only to hone their skills but as part of a team-building exercise, as well.

As the only woman in the competition, Oman said, "I was a little intimidated at first, but once I saw everybody else start to wrestle and started doing it myself, I started to feel more comfortable. I had a good time, and I learned some stuff."

Despite some fierce fights and close competition, camaraderie reigned. Contestants cheered each



Above: Sgt. Mark Renkal bears down on Sgt. Omar Ramirez in the final match of the welterweight division at the 2011 Bavarian Open Combatives competition at Hohenfels, June 25. **Left:** Staff Sgt. Seth Davis attempts to force a submission from Sgt. Roderick Sellers.

other on from the sidelines, shouting encouragement and advice.

"This the first tourney I've done like this," said first place winner in the light-heavy division, Pfc. Kevin Repass, 1st Inland Cargo Transportation Co., Grafenwoehr. Though he'd done combatives before on his way to the title of the 16th Sustainment Brigade's Warrior of the Year, Repass said that the previous tournament had not allowed strikes.

"This was fun, but I'm glad it's over," Repass laughed.

Many competitors had prior training in various martial arts. Second place winner in the light-heavy division,

Spc. Jeremy Koehn, 12th Chemical Co., said he wrestled freestyle for nine years and studied Roman-Greco wrestling for three.

Welterweight winner Sgt. Omar Ramirez, 16th Sustainment Brigade, Bamberg, has been studying judo for years. Ramirez, who at 140 pounds should have been in the lightweight division, fought as a welterweight as there were no other competitors in his weight class.

"I had to give my opponent 15 pounds," said Ramirez. "It proves that everything is technique, not strength."

Ramirez is hoping to drum up sup-

'The worst that can happen is a bloody nose, a black eye or a bruised ego.'

Lt. Col. Rafael Paredes
 Commander,
 1st Battalion, 4th Infantry Regiment

port to send a team from USAREUR to the All-Army Combatives Tournament in America.

"I'm trying to show my leaders that we've got the people, we can go over there and represent USA-REUR," he said.

Spc. Aiden Zohrabi, BMEDDAC, Rose Barracks, took third place in the middleweight division after four grueling fights. He was also chosen as victor of the "fight of the night," a fierce 10-minute bout against Sgt. Roderick Sellers of Schweinfurt's 173rd Airborne Brigade.

"I've done Brazilian Jiu-jitsu as a civilian, which is what combatives are based off of, and I just really like to do it," Zohrabi said.

His wife Jessica really enjoyed it as well, filming and laughing throughout his matches.

"I never get to see him fight," she said. "I'm really enjoying this."

The tournament allowed Soldiers to meet others interested in strengthening their skills through additional training. Zohrabi and Repass have already decided to begin sparring together.

"We do things like this because it promotes and develops the warrior spirit," said Paredes. "Just getting out here ... looking at the other Soldier who wants to kick your butt ... whether you won or lost, you have proven what it takes to be a real warrior."

Free Jiu-Jitsu class bolsters combatives skills and fitness

by Mark Iacampo
USAG Hohenfels Public Affairs

HOHENFELS, Germany — Soldiers and civilians looking for a way to enhance their combatives skills or simply increase their physical fitness have a new option with the beginning of a free class on Brazilian Jiu-Jitsu (BJJ) at Hohenfels.

"I love the sport and I wanted a place to train and learn with others. A class didn't exist that I could find that met my needs for time and cost, so I sought to begin one on post," said instructor Jeremy Workman.

Beginning in his basement with a few colleagues from the office, Workman's free class has expanded since February to roughly 15 students and has moved into the old fitness center in Building 47.

Workman began training in 2008 at Ramstein, receiving instruction from a purple belt and a brown belt stationed in the area, and competing at several events throughout Germany. While in Washington, D.C., in 2009, he tested for his blue belt at a local school. During his deployment in Bagram in 2010, he was tapped to take over instruction of the no-gi class on post. Eventually, he turned that class over to Maj. Justin Jacobs, a brown belt, and continued his training under him.

"I'm personally interested in training for competition and constant improvement," Workman said. "Hopefully this class will generate enough interest that a more experienced BJJ instructor can take it from me and make me a student again. I am only a blue belt and have so much more to learn. I am happy to teach, but I am also happy to take every opportunity I have to learn something new."

Workman's commitment to the sport is easily seen as he directed his students through various drills, instructing them not just in the moves, but in the theory behind the techniques. As students paired off to practice different techniques, Workman circulated among the class offering tips and distinctions, and he was quick to drop to the mat to demonstrate a technique that a student was struggling with.

"He's very patient," said student Michael Green, who's been attending the class since its inception in the basement. "He breaks things down to you, explains the body mechanics. As he says, if you're struggling to do a move, if you're putting a lot of strength into it, then you're probably doing it wrong. If you get the body mechanics right, everything comes natural with almost no strength at all."

Workman said that though the class is geared toward the military community, they welcome all skill levels and participants.

"Some of the students have no martial arts experience, and some have several years," he said.

"I took wrestling last year in school," said high school senior Brandin Shille. "This is my third class here, and I feel like I'm learning a lot. It's a lot to take in, but I feel like I'm coming to this class today already knowing a lot more than I knew the first time."

The first hour of class focuses on warm-ups, drills and instructions, before moving to live sparring during the second hour. Students rotate opponents in five-minute increments.

"I specifically appreciate BJJ over other martial arts because it is one of the few that I can train at 100 percent

See JIU-JITSU, page 16

Eco-friendly neighborhood unveiled in Ansbach

By 12th Combat Aviation Brigade Public Affairs
News Release

KATTERBACH, Germany — Soldiers, leaders and civilian employees of 12th Combat Aviation Brigade and U.S. Army Garrison Ansbach celebrated the grand opening of the Urlas family housing area, June 14.

The Urlas project began in 2008 and came to fruition through the partnership of U.S. Army Garrison Ansbach, the U.S. Army Corps of Engineers and members of the surrounding German communities. The housing area, located near Katterbach Army Airfield, features 106 energy-efficient townhomes for junior and senior enlisted Soldiers. A new post exchange and commissary are under construction nearby. A new Army lodge and medical clinic will also open at Urlas in the future.

Col. Christopher M. Hickey, USAG Ansbach commander, said the Urlas Housing Area exemplifies the Army taking care of Soldiers and families.

Several years ago, the Army conducted a study and realized that the Army was out of balance ... the Army Family Covenant was developed as a result and millions of dollars have been spent to bring the quality of life of families up to par with the quality of service of Soldiers, he said.

For many years, Urlas was a military training area; the sprawling new neighborhood is a far cry from the hills where Hickey drove tanks as a young officer in the mid-1980s.

"This is absolutely an historic day — but I'll try to keep it short, as I know young David wants to get in his house," Hickey joked, referring to 18-month-old David Hansen, the son of Spc. Kody Hansen, of E Company, 5-158th Aviation Regiment, 12th CAB.

Hansen, his wife Mary and son David, were the first family to receive keys to a home in Urlas. The little one's excitement during the official speeches prompted much laughter from those in attendance.

"The house is very nice, very modern, and it's



Photo by Sgt. 1st Class Christopher DeHart

much better than what we're used to. It definitely meets and exceeds our expectations," Hansen said.

"It feels wonderful to have the opportunity for such amazing housing," Mary agreed.

Hansen has been in the Army for more than three years and this is his second duty station. The couple agreed Urlas is the best housing they've seen during their time with the military. Although they were able to unlock the front door for the first time after the ribbon cutting, the couple's belongings will be delivered later in the week.

Luck of the draw gave the Hansens the distinction of being the first Urlas residents. They were simply the next family in line on the waiting list for housing, said Glenda Brown, USAG Ansbach director of housing.

The two-story townhomes include either three or four bedrooms, two bathrooms, a kitchen, dining room, living room, a utility room with a washer and dryer and spacious front and back yards. The community also boasts brand-new playgrounds and sporting areas.

As an added benefit, the entire community is environmentally-friendly.

The construction of this project is unique. The project features 22 ultra low-energy "passive houses" and 84 units meeting German EnEV energy-saving standards, which are more efficient than traditional American standards.

James Noble, U.S. Army Corps of Engineers Europe District chief of engineering said the passive houses are part of a European Army pilot program and will hopefully serve as a model for future sustainable construction.

"I think that the Hansens and other military families will find these houses to be very energy-efficient and comfortable. All of these houses are aimed at meeting the Army's and the Corps of Engineers' goals of getting all of our facilities to be more energy-efficient with this project being a major step forward," Noble said.

Editor's Note: U.S. Army Corps of Engineers Europe District Public Affairs contributed reporting.

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DFAC manager ambushes Soldiers with healthy food

Story and photo by
Jeremy S. Buddeemeier
Managing Editor

VILSECK, Germany — Outside the Stryker Inn here, June 22, it was just another Wednesday. Soldiers straggled up, chatting on their phones and checking Facebook as they waited for the doors to open.

Inside, it was a different story.

Food service specialists bustled trays to the serving line and adjusted menu placards. Stryker Inn manager David Goodman stood at the corner between the soft drinks and the serving line; his team was ready.

As the doors opened at 11:30 a.m. sharp, the line of about 100 patrons, mostly Soldiers, filed in. Most didn't even know what hit them.

As part of the Go for Green customer awareness lunch, patrons were treated to a healthy surprise, where the overwhelming majority of choices were "green," meaning high in protein and low in fat.

"You hear green, green, green, so I said, 'let's go all green,'" said Goodman. Ninety-five percent of Goodman's Go for Green menu that day consisted of healthy items. "No one's done it in Europe — not with this much green in one setting," he said.

The menu included items such as steamed Alaskan King crab legs, Southwest shrimp linguine, Carib-



Pvt. David Hemme, 2nd Stryker Cavalry Regiment, samples the turkey yakisoba and glazed green beans during the Go for Green lunch at Rose Barracks' Stryker Inn, June 22.

bean baked fish, spicy brown rice, glazed green beans, and a squash and carrot medley. Each dish was marked with a dark green placard, and some contained nutritional information.

"I'll find out whether it's acceptable for the Soldier," Goodman said.

On the other side of the line, a sign in front of the short order section warned wayward patrons.

"Stop! You have entered the red light district!" it read, reminding diners that foods like french fries, chicken nuggets and onion rings are

highest in calories, lowest in vitamins and minerals, and may hinder performance.

In addition, a new section with more appetizing green items like hot roast beef roll-ups, Jamaican jerk chicken sandwiches and beef fajita pitas competed for attention. This section was strategically placed just before the short order section.

Pvt. Ali Nagi, 2nd Stryker Cavalry Regiment, filled his plate with spicy brown rice and rosemary potatoes. He said he noticed something differ-

ent — the new items next to the short order — but still made a bee-line for the french fries.

Pvt. Dionte Young, a cavalry scout with 2SCR, decided to give the beef fajita pitas a try. For many like Young, choosing what to pile on their plates was a gut reaction.

Ken Stark, director of the garrison's directorate of logistics, admitted he doesn't usually eat very green, but said he supports the effort.

"The proof in the pudding is all the fat people in America," he said. "This is an effort to try to steer it back the other way. I'm all for it."

The Army's "green" movement began here in 2008 when dining facilities started labeling menu items as green, yellow and red, indicating high, moderate and low performance foods, respectively. Providing a majority of green items, like Goodman's Go for Green menu, is the next step.

According to Ana Wallace, U.S. Army Garrison Grafenwoehr food program manager, both of these steps will eventually be aligned with the Soldier Fueling Initiative, which will change the culture of food in the Army's dining facilities, and hopefully the way Soldiers think about food.

Lt. Gen. Mark Hertling, commanding general, U.S. Army Europe, began the initiative while he was the deputy commanding general at the U.S. Army's Training and Doctrine

Command. The goal is change the way the Army and its Soldiers view meals; rather than just feeding Soldiers, meals are designed to optimize performance, provide energy for endurance and also the essential nutrients to help the body recover after performing strenuous tasks.

Changes dining facility patrons can expect to see on the menu will include leaner meats and an abundance of fruits and vegetables, a severely limited selection of fried foods (many of which will be replaced with baked options), and limited sweets. Juices and milk will be fortified with vitamins and soda will be replaced with vitamin-enhanced flavored water.

According to Wallace, SFI pilot programs at Grafenwoehr's Main Post Dining Facility, The Sgt. Maj. Lawrence T. Hickey Dining Facility at Camp Normandy, and the Warrior Sports Cafe in Hohenfels are tentatively scheduled to begin this fall.

Back at the Stryker Inn, an hour after the facility opened, the line had thinned out. Stark and Wallace grabbed their trays and surveyed the choices. Stark opted for the rosemary potatoes, turkey yakisoba and bread.

Wallace held out for the Southwest shrimp linguine. As the server scooped up the last bit of food from the tray Wallace smiled.

"Oh good, the last serving. That's always the best," she said.

Searching for the 'Best Bavarian'



Photo by Staff Sgt. Lynne Lantin

BRANNENBURG, Germany — Pfc. Ian Shelton, a cargo specialist with the 1st Inland Cargo Transportation Company, 18th Combat Sustainment Support Battalion, races to get a ball into a basket at the 'Teufelsrad,' or Devil's Wheel, during the final round of the Bavaria's Best Bavarian competition, June 4. The 18th CSSB partnered with the German Bundeswehr Reservist Commando Oberpfalz and represented the town of Freihung for the competition.

Europe's top Army chefs honored

Story and photo by
Sgt. Joel Salgado
U.S. Army Europe Public Affairs

HEIDELBERG, Germany — U.S. Army Europe and the Installation Management Command-Europe honored the top Army chefs in Europe when it saluted the USAREUR/IMCOM-E Culinary Arts Team at a luncheon and recognition ceremony here, June 15.

The event at the Patrick Henry Village Pavilion recognized the chefs for their accomplishments at this year's U.S. Army Culinary Arts Competition held at Fort Lee, Va.

The team showed off its skills by preparing its award-winning field meal in an Army mobile kitchen trailer on site and serving it to a group of senior USAREUR and IMCOM-E leaders.

"Our purpose today is to highlight the accomplished skills executed by our Soldiers," said Chief Warrant Officer 2 Victor Martinez, the culinary team captain. "Today, our team has prepared their field competition meal. We hope that this demonstration of skills will provide our leadership with an experience of the senses."

Following the meal, awards were

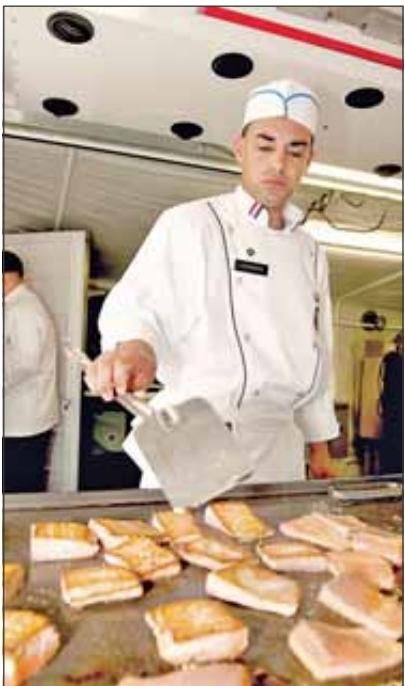
presented to the Soldiers for their achievements at Fort Lee. Each was presented with an Army Achievement Medal and a plaque in honor of the team winning 21 medals in the competition earlier this year.

"We had a rough start trying to get the team together," said Robert Shamberger, IMCOM-E food program manager. "For them to go and compete, and come back with 21 medals — these are things that don't come easy; they take a lot of hard work, and it shows. I'm really proud of them."

Participating in the competition provides the team members with more than just medals and plaques, however.

Competing is also a chance for them to broaden and hone their skills as chefs.

"There are a great bunch of veterans from the culinary competitions, but also more importantly, young Soldiers who have never done it before," said USAREUR Commander Lt. Gen. Mark Hertling. "When they come together on these teams, they learn so much more about their skills and the things that they do as cooks. That takes their skills to the next higher level."



Spc. Matthew Hendricks, a cook with U.S. Army Europe's 16th Sustainment Brigade, grills salmon at the Patrick Henry Village Pavilion in Heidelberg, Germany, June 15.

Ansbach dedicates renovated Storck community activity center

By Gini Sinclair
*U.S. Army Garrison Ansbach
 Public Affairs*

ANSBACH, Germany — "Today marks one of the most important days in Storck Barracks," said Col. Christopher M. Hickey, commander, U.S. Army Garrison Ansbach. "Today is a day when the military community connects to its past and the day a daughter connects with her father."

Hickey said these words at the dedication ceremony and grand opening of the Col. Louis J. Storck Community Activity Center, Storck Barracks, June 14. Molly Storck, daughter of Col. Storck, was the special guest at the opening.

Hickey and Storck uncovered a commemorative plaque that will be mounted in the building. The plaque bears Col. Storck's likeness and a brief description of his life and Army career.

Denise Blazer, widow of Sgt. Darren Blazer, who was assigned to D Company, 3rd Battalion, 159th Aviation Regiment, presented Storck with a gold star lapel pin, signifying the loss of her father in World War II.

"It took me too long to get here and I am going to come back," Storck said. Storck thanked everyone who had anything to do with the renovation and thanked the Soldiers for serving their country.

This was the first visit Molly Storck has made to Storck Barracks despite the fact the installation was named after her father in December 1961. Hickey said the June 14 ceremony corrects an oversight, since Storck was living in Frankfurt, Germany, at the time the installation became Storck Barracks.

The Colonel Louis J. Storck Community Activity Center houses the Storck Barracks Army Community Service, which includes Army Emergency Relief, Army Family Team Building, Army Family Action Plan, Deployment and Family Readiness, Employment Readiness, Exceptional Family Member Program, Financial Readiness, Family Advocacy Program, Information and Referral, New Parent Support, Relocation Readiness, and the Volunteer Program.

The Tax Relief Office, Child and Youth Services Central Enrollment, a Yellow Ribbon Room (meeting

room), an indoor playground for children, the Women, Infants and Children Program and a teaching kitchen are also in the new center.

The community activity center has been open since April, when the \$7 million renovation project was completed. The more than 36,000 square foot facility features a bright open reception area on the ground floor with offices along the back wall and in the loft.

The building was redesigned and renovated through a partnership between the Army Corps of Engineers, Installation Management Command, USAG Ansbach, Directorate of Public Works, Directorate of Family, Morale, Welfare and Recreation, and private contractors.

Col. Louis J. Storck joined the U.S. Army in 1918 and served in World War I. Following the war, he was discharged and attended West Point in 1919. Storck was not gifted academically and was nearly expelled for poor grades.

But as a star on the football team he was saved by West Point Superintendent Brig. Gen. Douglas MacArthur and in 1922 Storck kicked the



Photo by Brian Temple

winning field goal against Navy.

In 1943, he went to England to prepare for the invasion of Europe.

In 1944, he was killed when his Jeep ran over a mine. Storck was

awarded the Silver Star, posthumously, for gallantry in action near Raids, France. Storck also was the recipient of the Purple Heart and a Legion of Merit.

44th Signal Battalion settles into Afghanistan

By Charles Stadtlander
U.S. Army Garrison Schweinfurt Public Affairs

After its departure from Schweinfurt earlier this spring, the 44th Expeditionary Signal Battalion is making its home over the next year in northern Afghanistan, where it will be setting up communications networks for the International Security Assistance Force's Regional Command North.

As the ground forces in the RCN rely on both talking to each other and central commanders downrange, as well as communicating with family, friends and colleagues back home, the groundwork the 44th ESB lays will serve as a literal lifeline for ISAF troops.

The physical terrain of ISAF's northern region of command includes terrain that varies from the fertile lowlands in Faryab Province to the dusty plateaus



Photo by Spc. Robert Hadden

Chaplain (Capt.) Ben Clark, Task Force Atlas, 44th Expeditionary Signal Battalion, performs a field service for Alpha Company Soldiers at Combat Outpost Ghormach, Afghanistan.

of Baghlan Province to the towering peaks of the Hindu Kush in the region's far east, which includes the nation's highest mountain, nearly 25,000 feet tall.

The 44th Soldiers will travel around the region, traversing the rugged terrain in all its highs and lows as they perform their mission.

As for their own well-

being, the Soldiers of the 44th are trying to recreate the comforts of home, including their living and dining facilities, places of worship and the ever-comforting rhythm of military ceremony and routine.

Editor's Note: Article based on contributions from the 44th Signal Battalion Public Affairs team.

What's Happening

Garmisch Briefs

Conquer the Zugspitze

July 7-8: At 2966 meters, Germany's highest peak is 2,200 meters higher than Garmisch! Start at the Partnachklamm, hike up through the stunning Reintal Valley, stay the night at the Rein-talangerhuette, Sunday morning serenaded with Zither music, and then climb to the Zugspitzplatt glacier for a lunch or scale the harrowing "klettersteig" to the cross. Cost: \$149.

Night rodelbahn

July 9: Experience the longest rodelbahn in Germany, three kilometers in length, 68 curves, 23 waves, 7 jumps, and 4 bridges! Tickets include gondola ride, rodelbahn, and a schnitzel dinner. Cost: Adults \$45, ages 6-14 \$35, under six \$5.

Prague tours

July 15-17: Enjoy a daytime tour of Prague Saturday and a special guided tour of the Franz Kafka museum. This tour departs at 4:15 p.m. Cost: \$270.

Zip-line Adventure

July 23: Ready for an adrenaline rush? You are fastened to a cable 100 meters high, sliding speedily towards the valley floor, descending a good 400 meters over three kilometers, the steepest in the world with the wind in your hair and your heartbeat going off the scale! Unique and unforgettable! Trip departs at 9 a.m. Cost: \$85.

Venice & Verona

July 29-31: On Saturday, visit Venice with its great art and architecture, pigeons in St. Mark's Square, gondolas, and good food. On Sunday, it is off to Verona and a tour of the Romeo and Juliet city with the great Roman Arena. Trip departs Friday July 29 at 4:15 p.m. Cost: \$290.

Rodelbahn thrills

Aug. 27: Experience the longest (3 km) Rodelbahn in Germany by night with 68 curves, 23 waves, seven jumps and four bridges over valleys and streams. Children from 8 years of age or 1.40 meters can ride by themselves, ages 3-7 must ride with an adult. Cost: Adults \$45, ages 6-14 \$35, under 6 years of age \$5.

Unless noted, all FMWR events meet at the Pete Burke

Center. To register for the events contact the staff at the Pete Burke Community Center, DSN 440-2638, Civ. 08821-750-2638, or email us at Garmisch.FMWROdr@us.army.mil.

Graf/Rose Barracks Briefs

Happy Birthday ACS

July 14: ACS invites the community to their birthday open house with cake, games for children and a chance to win a door prize from 10 a.m. – noon. Join us as we celebrate 46 years of service to the most important customer: YOU. For more, DSN 475-2650, CIV 09662-83-2650

EFMP Summer Bash

July 22: The Army community Service Exceptional Family Member Program invites you to the EFMP Summer Bash from 11 a.m. – 2 p.m., Little Mike Park on Rose Barrack. Join us for a BBQ, relay races, face painting, cake, bouncy houses and much more. For more, e-mail graf.acs@eur.army.mil.

First Aid/CPR

July 8: The American Red Cross Standard First Aid with CPR/AED - Adult and Child plus CPR - Infant training will help participants recognize and respond appropriately to cardiac, breathing and first aid emergencies.

The courses in this program teach skills that participants need to know to give immediate care to a suddenly injured or ill person until medical personnel arrive on scene.

From 9 a.m. – 3 p.m. in Rose Barracks Bldg. 162. For more, call Rose Barracks DSN 476-1760, CIV 09662-83-1760, Main Post DSN 475-1760, CIV 09641-83-1760.

Army 10-Miler

July 9: Main Post Grafenwoehr Physical Fitness Center. The top six male and female Army runners will represent Army Europe at the Army Ten Miler Race in Washington D.C., Oct 9.

Pre-register at <https://webtrac.mwr.army.mil/webtrac/Grafenwoehrrectrac.html>. For more, DSN 475-8207, CIV 09641-83-8207 or www.armytenmiler.com. Open to all U.S. ID cardholders — active duty military, DoD civilians, family members 18 years and older.

Tobacco Cessation

July 12: Tobacco Cessation classes are being offered at the Vilseck Health Clinic. For more, contact the community health nurse at DSN 476-2882, CIV 09662-83-2882.

Single Women's Trip

July 16: The USAG Grafenwoehr's Chaplains office is offering a tour to Moedlareuth. A quirky bit of WWII history still exists in the town known as "Little Berlin."

During this tour, learn why this tiny town was split in half by the wall and why some of the wall is still standing.

On the way home, shop at the Villeroy and Boch factory outlet. Bring 3 Euros for the tour, plus money for lunch and any shopping. Meet at the Main Post Chapel parking lot at 8:30 a.m. to carpool. For more, call Laurel Hoyt 0151-14991395 or e-mail laurel.hoyt@cadence.org.

School physical dates

July 27 & 29: Does your child need a school or sports physical for the upcoming school year? The Rose Barracks Health Clinic will be offering School-Aged Sports Physicals on July 27 & 29 and Aug. 3 & 5, 16 & 17 by appointment only. To schedule an appointment, call DSN 476-2882 or CIV 09662832882.

Home Based Businesses

USAG Grafenwoehr is now launching its Home Based Business online. Home Based Businesses are small businesses that are operated by family members of the U.S. Army soldiers or civilians who provide a service to other U.S. forces members and affiliates.

Operating a legal Home Based Business involves gathering all the needed paperwork, submitting an application and receiving an approval to start. Start your electronic Home Based Business package online at www.grafenwoehr.army.mil/hbb.asp.

ONE program

USAG Grafenwoehr is now launching its Orientation for New Employees (ONE) Program. The ONE training consists of facts involving in-processing and the necessary exchange of information that must take place during initial introduction of new employees.

The following Orientation for New Employees (ONE) is required for all USAG Grafenwoehr civilian employees and a

Terrain challenges mountain bikers in Hohenfels

Story and photo by
Mark Iacampo
USAG Hohenfels Public Affairs

HOHENFELS, Germany — Mud-spattered and drenched, a group of hardcore biking enthusiasts from across Germany churned through the third stage of the 2011 U.S. Forces Europe Mountain Bike Series here, June 18.

Spc. Michael Schmidt, B. Co., 412th Aviation Support Battalion, Ansbach, took first place in the men's open with a time of 115.13.

"The track was amazing; it was really set up well. It had some amazing technical sections and some places where you could really ride flat out," said Schmidt.

Joshua Emry, Hohenfels ODR recreation assistant designed the 8-kilometer course, using the rough Hohenfels topography to help craft a route that would challenge competitors both physically and mentally.

"A lot of the trail hasn't really been used before because it's outside of our wire," Emry said, explaining how the course weaves in and out of the Hohenfels perimeter fence line. "Quite a bit of what was previously unexplored or not experienced by our current crop of riders will now be newfound value for their racing dollar."

Emry said the course has been designed to help get new people involved in the sport while



Capt. Morrie Fanto whips through a turn during the third leg of 2011 U.S. Forces Europe Mountain Bike Series held at Hohenfels, June 18.

keeping it challenging for long time enthusiasts.

"We're trying to get people through this so they get the bug and start enjoying more health and enjoying outdoors a little bit more," he added.

In addition to the Men's Open, categories included Men's Masters, Women's Open, and Men's Seniors. There were plans for children's categories as well, but the wet weather might have kept the younger riders away.

"It was a beautiful course," said Maj. Shane Lee, V corps, who made the trip from Wiesbaden to compete. "If we'd had dry weather, it would have been an extremely fast course. With the slick rocks, slick roots, See TOUGH, page 17

Congratulations Vilseck High School Athletes

Damon Ellison, Senior

Girls Softball 1st Team All-Europe
 Derej McClinton, Junior
 Taylor Hall, Junior

Boys Baseball 2nd Team All-Europe
 Christopher Nelson, Senior

stration is now open for the fall (Aug-Nov) Youth Sports season. Choose from soccer, flag football, tackle football, cheerleading or bowling. Open to ages 3-18 years. Sign up through Parent Central Services, Bldg. 10, DSN 466-2080 or CIV 09472-83-2080.

UL Flag Football

July 1 – Aug 9: Sports & Fitness is looking for teams to participate in the upcoming unit level flag football program. From July 1 until August 9, register your team to participate in our league.

Contact Family and MWR Sports & Fitness at 466-2883/2868, email dlmwrohnenfelssports@eur.army.mil or stop by the Post Gym, building 88 for a Letter of Intent

Federal Resume Prep

July 8: Learn keys to employment success in the GS system in USAREUR and in the U.S. This class teaches applicants how to format a resume, search for jobs on both www.CPOL.army.mil and www.usajobs.gov websites.

There are many details that have to work right for you to have your best chance. Get the lowdown starting at 2 p.m. in Bldg. 10.

For more information call Madelene Celestine, Employment Readiness Program Manager, at DSN 466-3401.

Kontakt Club Trip

July 24: Join KONTAKT Club Members as they visit the Freedom Hall in Kelheim/Riedenburg followed by a Boat Ride along the Danube River to Kloster Weltenburg.

Bring your own lunch and picnic by the river or at a meadow above the Kloster Weltenburg or enjoy delicious Bavarian Food at the Klosterschaenke and it's wonderful Beer garden. You'll have time in the afternoon to explore Weltenburg on your own or to do a little hike.

We'll meet at 9am at the Hohenfels Schießstaettkapelle in the village of Hohenfels.

The price will be 8 EUR per Person and includes the Entrance to the Freedom Hall and the Boat Ride. To sign-up call Andy Kirschenbauer at CIV 0176-

80003950 or e-mail kirschenbauer@us.army.mil

Schweinfurt Briefs

Askren Clean Sweep

July 9: This surging community initiative gathers dedicated volunteers, Askren residents and otherwise, to meet at the commissary and spend an hour or two sprucing up Schweinfurt's largest housing area. Take pride in your community and join the movement by meeting at the commissary at 9 a.m.

Historic Eagle's Nest

This trip with BOSS is open to community adults (single Soldiers have priority) and visits the historic "Eagle's Nest" in the German Alps, near Garmisch. To sign up or for more information, call DSN 353-8476, CIV 09721-96-8476.

SNAPS

July 11: Army Community Service is equipping newcomers with the knowledge they need to live comfortably and independently in Germany. This five-day course culminates in a cultural site-seeing tour. Preregistration required. This class fills-up quickly! For more, call DSN 354-6933, CIV 09721-96-6933.

Wuerzburg trip

July 13: Outdoor Rec partners with Ledward Library (departure/return point) for a day trip just down the road from Schweinfurt.

We'll tour the famous Wuerzburg Residence palace and the mighty Fortress Marienberg, which sits majestically on a hill overlooking the entire city. Transportation fee is \$12 per person. Bring euros for entry fees and personal expenses. Departs at 10 a.m. To sign up, contact Outdoor Recreation at DSN 353-8080, CIV 09721-96-8080.

Change of Command

July 15: USAG Schweinfurt Garrison Commander Lt Col. Everett Spain relinquishes command to Lt. Col. Michael Runey at the Conn Club pavilion at 10 a.m.

Hohenfels Briefs

School lunch survey

The survey can be accessed by going to the www.shopmyexchange.com go to the Community info link and access the School lunch program. Once you are on the school lunch program site, you will see a link to take the survey on the left side of the page.

ODR Facility Closure

July: Outdoor Recreation will be closed every Wednesday in the month of July for facility maintenance.

50/50 Summer Special

July 1 to Sept. 30: The Bowling Center is offering a summer-long special July 1 through Sept. 30. Buy a 50/50 card for \$25 and get 50 games of bowling for 50¢. Have fun all summer for an affordable price. Call DSN 466-4611 for more information

Fall Sports



An enchanted isle where time stands still

Story and photos by
Mark Iacampo
USAG Hohenfels Public Affairs

GOZO, Malta — Legend has it that the witch Calypso trapped the mighty Odysseus on the island of Gozo for seven years, and a visit to this lovely Mediterranean island makes it easy to understand why the wandering hero lingered so long.

Gozo's main draw is its dramatic coastline, with spectacular cliffs interspersed with beautiful beaches. Take in the towering Azure Window, a 50-meter hole in the cliff where crashing waves create fountains of spray.

Nearby is the inland sea where you can enjoy a boat ride through a narrow tunnel into the Mediterranean.

Both places are popular dive sites as well, and there are plenty of outfitters to lead you on over 50 dive sites, ranging from caves to wrecks to open water.

At "Scuba Kings" in the popular seafront village of Marsalforn, transplanted Brit Richard King provides custom tailored dive packages for every skill level.

King even offers a 40-euro "try dive" for those curious about the sport, simply by walking across the street from his shop and into the warm waters. PADI certification at all levels is also available.

Beach bound

If you prefer to remain on terra firma, Gozo has dozens of secluded beaches. Visit the red sands of Ramla beach, sparkling beneath Calypso's cave where the enchantress supposedly lived.

The whole island is ideal for hiking, and paths criss-cross the varied landscape. Lush valleys lay nestled between medieval cities perched on craggy plateaus, and the cliff-strewn coastline is never far away.

All roads lead to the capital city of Victoria, where the dramatic silhouette of the Citadel dominates the skyline.

During ancient days when pirate raids were the norm, every citizen of Gozo had to be sheltered within the massive walls before nightfall. Today, the fortifications house a trio of museums where you can trace the island's 5,000 year-old history.

Pre-Pyramids

One of the most dramatic examples of Gozo's long occupation is the temple of Ggantija near the village of Xaghra.

Now a World Heritage Site, the temple is documented as the oldest free-standing structure in the world, predating the pyramids at Giza and England's Stonehenge by almost 1,000 years.

The island is studded with newer temples as well, and each village boasts a church with stunning architecture. Only a few kilometers from Victoria stands the Ta' Pinu Sanctuary, an important pilgrimage site since Karmela Grima claimed to have heard the voice of the Virgin Mary calling out to her in 1883.

Movie magic

Gozo's spectacular scenery has inspired dozens of film projects throughout the years. On the tiny island of Comino, a 10-minute boat ride away, the Blue Lagoon is featured in the Brad Pitt film "Troy," while St. Mary's Tower doubled as the prison Chateau d'If in the 2002 version of "The Count of Monte Cristo."

A short ferry ride across to Malta stands Popeye village, the main set for the Robin Williams version of the spinach-loving sailor. The place is now a theme park, and kids of all ages will enjoy wandering through the twisting streets.

Local grub

When all this wandering works up an appetite, stop into one of the many restaurants to sample some of the local delicacies. Rabbit is extremely popular and can be served grilled, roasted or minced in a delightful pasta sauce. But

the real treat is in the fresh seafood, and every morning you can see local fishermen bringing their catches into the waiting restaurants.

"Ta Pennelli" on the waterfront of Marsalforn is a family-run restaurant where eldest son Anthony weaves recipes brought home from the far-flung travels of his sailor father with locally available ingredients to create uniquely mouth-watering dishes.

Enjoy homemade pastas, sauces, and a variety of fresh fish served on the waterfront or within the cozy interior decorated with Anthony's internationally shown original artwork. Compliment your meal with one of the many varieties of local wine, such as the fruity Maltese Falcon.

Whether you visit Gozo for the rich history, the tranquil beaches, or the spectacular diving, you will find a place that seems much farther removed from the bustle of busy Malta than the 20-minute ferry ride would suggest.

If you seek relaxation in a mystical land that time seems to have overlooked, Gozo should definitely find a place on your itinerary.



The Sanctuary of Ta' Pinu is an important pilgrimage site for Roman Catholics.



Built in 3600 B.C., the temple of Ggantija is the oldest free-standing structure in the world.



Top: Blue Hole is a popular starting-point for divers. Orzo boasts beautiful waters for ocean exploration. Below: The Azure Window towers above the sparkling Mediterranean Sea. Tourists often brave the sea winds to explore the rocky cliffs.



Travelers can protect against illness

Doctor provides 6 tips to prevent and defeat Montezuma's revenge

by Dr. Lee Bybee
Vilseck Health Clinic

VILSECK, Germany — I like traveling. It's a passion for many American tourists are seen all over the world.

I would like to share some health tips to those thinking about a trip to a high-risk or exotic area, such as Cairo or Istanbul.

Although low-risk travel destinations are much more common, their health tips are not nearly as interesting. Here are some do and don't tips for American tourists in high-risk areas. Think of them as six rules for travel safety. As expected, most are about foods.

1. Don't eat salads, even if the ingredients are certified "washed" or the place seems upscale. Stay far away from uncooked fruits and vegetables with cracks and crevices, such as strawberries, lettuce and broccoli. Various forms of fertilizer and other trouble can stick inside and can make you ill.

If you crave some kind of fruit or vegetable roughage after a few days, choose something that is cooked and hot or something you can peel. When eating fruits and vegetables with peels, don't contaminate the fruit or vegetable with your hands or with dirt from the peel. Using local tap water is OK to get some of the dirt off

before you peel it, but don't wash the fruit or vegetable afterward.

2. Get your fluids from carbonated drinks. The fizz keeps bacteria counts lower than they would be otherwise. If you don't want the calories, order carbonated water.

Get to like carbonated water if you don't already. In high-risk areas, bottled water without the fizz can get you ill.

3. No ice, never, ever. There is something about ice and serious bacteria. Know how to say "no ice" in the local language. I know someone who had a drink with ice in it at the Cairo Hilton and regretted it for two weeks. If you order a carbonated drink and you unexpectedly get ice in it, simply pay and leave without drinking it.

4. Try to get most of your calories from hot foods and breads or pastries. If you are served something that should have been hot and it isn't, don't eat it. Stay away from cold sauces over hot foods. Since pastry icing is technically a "cold sauce," only eat pastries without icing. Never feel obligated to eat anything you have ordered. Just pay and go somewhere else.

5. Don't discount street food. Interestingly, street cooks and vendors that seem dirty may actually give you the safest and hottest foods. You also have the advantage of seeing exactly how your food was prepared.



Bybee

6. You should take some Imodium — diarrhea slowing pills — with you, just in case. You don't want to spoil a great trip by spending most of it in the restroom. If you forget to bring it along, Imodium is sold in drugstores of all shapes and sizes everywhere. I once heard of someone suffering needlessly in a high-risk area, thinking that Imodium could only be purchased back home.

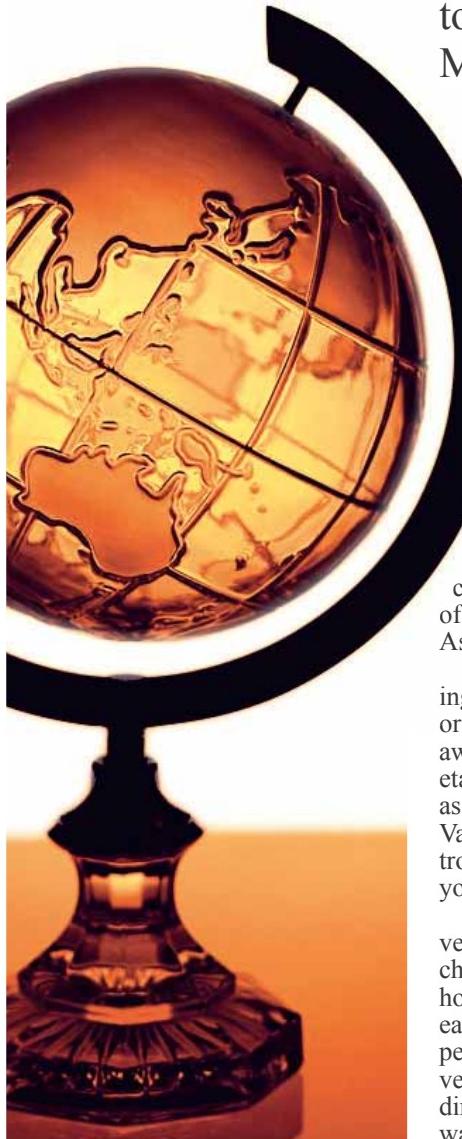
What about antibiotics? Taking along prescribed antibiotics carries extra risk. Be sure you know exactly when to take your antibiotic or it could hurt more than it could help. Hopefully, observing tips 1-5 above will keep you from needing to take such medications.

From what has been said, please don't be put off about traveling to exotic destinations. A word to the wise should not be mistaken as fear mongering. After visiting several high-risk areas and even residing in one for two years, I have been able to eat safely and enjoy good health.

Travel more. It will add beauty to your life.

Note: If you plan on traveling to a high-risk area, make an appointment to see your health care provider before your trip. You may need immunizations for certain countries and the provider can give you important information about the area you're visiting.

Editor's Note: Lee Bybee, MD, MS, MPH works at the Vilseck Clinic and is board-certified in both occupational medicine and preventive medicine. He also holds a diploma in tropical medicine, of which travel medicine is a component.



Vaccination reduces risk of measles, other diseases

By ERMC Public Affairs
News Release

HEIDELBERG, Germany — Though a recent rash of measles cases in Europe has some parents concerned, most have nothing to fear ... as long as their children have been vaccinated.

"We have not seen an outbreak in military communities in Europe due to the high level of measles immunization among our beneficiaries," said Col. Evelyn Barraza, preventive medicine consultant for the Europe Regional Medical Command.

Barraza said cases of measles are reportable through military preventive health systems. She said a single case had been reported in November involving a military beneficiary too young for a measles vaccination.

The Centers for Disease Control and Prevention recommends a measles, mumps, and rubella vaccination for children at 12 months and a second dose at four years. The second dose may be administered before age four, provided at least four weeks have elapsed since the first dose.

ERMC Force Health Protection

officer Col. Carl-Heinz Stokes said, "Immunizations have contributed to a significant drop in the incidence of communicable diseases in both children and adults."

Measles - also known as rubeola - is a highly communicable infectious

diseases in Europe encourage parents to make sure their children are up-to-date on their measles vaccination and any others recommended by the U.S. Centers for Disease Control and Prevention.

"Parents should discuss travel

Parents should discuss travel plans with their providers if their children have not been fully immunized.

Col. Evelyn Barraza
Preventive Medicine Consultant, ERMC

disease. It is transmitted by airborne droplets, direct contact with nasal or throat secretions of infected persons, and less commonly by articles freshly soiled with nose and throat secretions. Infected persons are usually contagious from four days before onset of signs or symptoms, and until four days after the onset of signs or symptoms. Measles virus can remain active and contagious for up to two hours in the air and on surfaces following coughing or sneezing.

Barraza and other preventive medicine specialists at 18 Army health fac-

tilities in Europe encourage parents to make sure their children are up-to-date on their measles vaccination and any others recommended by the U.S. Centers for Disease Control and Prevention.

France reported 4,937 measles cases between Jan. and March 2011, almost equal to the 5,090 total cases for all of 2010. Spain has reported two ongoing outbreaks since Oct. 2010, primarily affecting the Andalusia region in the south. Rising numbers have been reported in other European countries, including Germany.

In Germany, at least 300 cases have been reported this year with a

large number occurring in the state of Baden-Württemberg, which includes U.S. military bases at Stuttgart, Heidelberg and Mannheim.

European public health officials are describing many of the reported cases as occurring among unimmunized or incompletely immunized individuals. In France, among cases with known immunization status, 81 percent were unvaccinated.

There are no current travel restrictions related to measles outbreaks. Travel to areas affected by community outbreaks increases the risk for exposure to measles virus and its further spread into susceptible populations if not vaccinated.

Travelers should have their vaccination records reviewed to ensure they are up to date. Medical personnel should contact their supporting public health office for situational updates and information concerning travel risks and areas with community outbreaks.

For more, visit the European CDC at <http://ecdc.europa.eu/en> or the U.S. Centers for Disease Control and Prevention at www.cdc.gov/measles.

Avoiding common PT test training errors is easy

By Maj. Vancil McNulty
U.S. Army Public Health Command (Provisional)

As the spring season nears, Soldiers across the Army are gearing up for physical fitness tests. There are probably many Soldiers who are worried they may not pass.

There is good reason to worry. When a Soldier fails a PT test, it can jeopardize promotion, and delay advanced military schooling — virtually guarantee that an otherwise stellar Soldier will receive an average evaluation. Because there is so much at stake, it would be wise to understand some common training errors that may make the difference between a pass and fail.

Training Error #1: Overtraining

Overtraining occurs when the volume and intensity of an individual's exercise routine exceed the body's ability to recover. This can lead to reduced performance and may lead to injury. Overtraining is so prevalent in the military that it's responsible for 40-50 percent of outpatient clinic visits, and most are due to excessive running. Running programs become excessive because of the belief that

increased running results in more fitness.

However, research shows that Soldiers who run three days a week for 30 minutes have two-mile run times that are as good as those who run five days a week. Additionally, Soldiers who run three times a week have substantially less injury risk.

Training Error #2: Specificity

After overtraining, lack of training specificity is the next most common mistake. Simply stated, if you want to improve the two-mile run time, focus on training distances around two miles. Training at greater distances can be a problem because greater distances require different pacing with less speed.

The last thing a person who fails a PT test needs is to run at a three-mile pace to pass a two-mile test, but this is exactly what would happen if three miles were the training distance.

Training Error #3: Pacing

Pacing is the even spreading out of a runner's endurance so as not to burn out prior to finishing the event in the time necessary. This is important because the two-mile run is an aerobic event that requires sustained speed over a relatively long du-

ration. The biggest mistake in pacing the two-mile run is beginning too fast.

Anaerobic burn-out sets in quickly, and the runner must slow considerably to sustain a pace or risk not finishing the test at all. It is better to start at a slow to moderate pace while increasing speed throughout the event. There should be enough energy left for a strong finish.

Training Error #4: Inefficient Style

Distance running is all about putting one foot in front of the other with the least amount of energy necessary. Efficient runners look like they are gliding down the road. A runner's head should be straight forward, chest and shoulders should be relaxed, elbows bent about 90 degrees. Stride length should be short, hips should lift the knees just enough to progress the feet forward.

An inefficient running style is easy to spot. Arms swing dramatically, knees come up way too high, stride length is way too long, and there is a pronounced head bounce. These excess movements increase the demand for oxygen and make passing the two-mile run a chore. A small change in running efficiency may improve overall run time.

Maintaining healthy relationships is worth the effort

by Lt. Col. Scott Weichl
U.S. Army Public Health Command (Provisional)

Anyone in a romantic relationship (yes, that includes married couples) knows that creating and maintaining a healthy relationship takes hard work.

In the military, such factors as long hours at work and deployments can take their toll on a relationship. Often, when service members return home after an absence, they discover that some roles have changed. Feelings of anger, isolation, betrayal and fear may be experienced by many. A variety of stressors can challenge even the best relationships.

So, what can you do to improve and keep your relationship healthy?

Good habits like physical exercise and healthy nutrition keep our bodies and minds strong. So it is with healthy relationships. To improve and maintain a healthy relationship practice these three good habits:

First, work on improving your communication. You can begin now, and benefit immediately by using these techniques:

Active listening — Really listen to what your partner is saying when talking. Eliminate distractions such as television or video games. Tune in to your partner's words and hear what is being said behind the words. Your partner will feel valued.

Reflection — When your partner finishes speaking, repeat what was said, so he or she knows you are listening. This practice ensures you really understand what is being communicated. Your partner can then clarify if you didn't quite understand.

Effective expression of emotions — If you are upset and feeling angry, slamming doors and shouting will not address the issue. If you are really out of control, take a timeout — go for a walk, or leave the situation — but not before telling your partner you want to talk you've had time to cool off. You and your partner will exercise control over the situation rather than allowing the situation to control you.

Second, be thankful and appreciative. Take time to think about why your relationship is important to you, and the many benefits reaped from sharing life with your partner. Telling your partner that he or she is important can shift the emotional energy from conflict to contentment. Rather than being fixated on what is wrong, focus on the positive. Many times this reflection helps to put the issue in perspective.

Third, have fun! Remember when you were a teenager and dating? You might not be teenagers anymore, but re-dating your partner can jump-start a stalled relationship and steer you from a rocky, difficult time. Consider going to a movie, trying a new activity such as bicycling or a pottery class or just taking a walk together.

Building and maintaining healthy relationships is hard work, but putting forth the effort can improve your mental and physical health. Arguments often cause blood pressure increases, hasty, impulsive decisions, a bad mood for the rest of the day, etc. Healthy relationships don't happen overnight, but making little changes in your behavior and thoughts can result in improved happiness and better overall health.

Visit After Deployment, a military site for help with a variety of life issues including program and information sheets for improving relationships at www.afterdeployment.org.

Editor's Note: Lt. Col. Scott Weichl is a chaplain with the U.S. Army Public Health Command (Provisional).

Blake leads WTB's Delta Company

Story and photo by
Jeremy S. Buddeemeier
Managing Editor

VILSECK, Germany — More than 60 community members gathered at Dragoon Field here, June 22, to witness as Capt. Ryan M. Putnam relinquished command of Delta Company, Warrior Transition Battalion-Europe, to Capt. Michael C. Blake.

Following the time-honored tradition of passing the guidon from the outgoing to the incoming commander to signify the official transfer of command, Lt. Col. Michael C. Richardson, commander, Warrior Transition Battalion-Europe, addressed the crowd.

"The Warrior Transition mission within our Army is so complex, so new, so challenging and ever so incredibly visible, that it takes a special type of leader to accept ... and ... execute it; Capt. Ryan Putnam did just that," Richardson said.

Putnam commanded the company for 10 months and was its executive officer for more than a year before that. Shortly before the ceremony began, he expressed how proud he was for having been part of what he called one of the Army's best missions.

"As a junior commander, to be responsible for 230 very high risk Soldiers ... and not have any serious incidents; that says something about what the (Warrior Transition Unit) does," Putnam said.

He said the culture of trust that is built into the WTU between the behavioral health clinics, Soldiers, and the holistic care they receive makes the program a success.

"I've seen people with huge challenges ... get their minds off themselves and build resilient lives of their own by helping others. I'm lucky to have been able to get a job like this," Putnam said.

During the ceremony, Putnam delivered a heartfelt speech, thanking his senior enlisted Soldiers for their



Lt. Col. Michael C. Richardson, Warrior Transition Battalion-Europe commander (center), passes the guidon to incoming commander Capt. Michael C. Blake as outgoing commander Capt. Ryan M. Putnam looks on during the change of command ceremony for Delta Company, Warrior Transition Battalion-Europe, at Rose Barracks' Dragoon Field, June 22.

support. He encouraged Soldiers to never apologize for getting the help they need, to gather their strength, and to take care of each other.

"Today, I transition," Putnam said. "I am grateful for the opportunity to renew my strength and take on my next challenge, whatever that may be."

Putnam's next assignment is at the Joint Multinational Simulation Center at Grafenwoehr's Camp Aachen.

As the incoming commander, Blake's speech was direct and efficient. He thanked Richardson for giving him the opportunity to lead,

and said all policies and procedures remain in effect.

Following the ceremony, Blake addressed his company privately and said he would meet with them individually to get to know everyone. He was joined later by Brig. Gen. Steven Salazar, commanding general, Joint Multinational Training Command, who recognized individual Soldiers with command coins and thanked them for their service.

"This guy's gonna take good care of you," Salazar said.

In 2007, the Army created 35 Warrior Transition Units to effectively

support wounded, ill and injured Soldiers. At the heart of the WTU system's success is its "triad of care." The triad is comprised of a squad leader, who leads the Soldiers; a nurse case manager, who coordinates their care; and a primary care physician, who supervises the comprehensive nature of their care.

The WTU creates the familiar environment of a military unit and surrounds Soldiers and their families with comprehensive care and support, all focused on the wounded, ill or injured warrior's sole mission — to heal and transition.

EOD helps Romanian soldiers destroy excess ammo

Story and photos by
Mike Bowers
21st TSC Public Affairs

JEGALIA ARMY PROVING GROUND, Romania — Technicians from the 21st Theater Sustainment Command's Explosive Ordnance Disposal team provided their Romanian armed forces counterparts classroom and hands-on procedures to help expedite the elimination of excess stockpiled munitions here, recently.

Assigned to the 702nd Explosive Ordnance Disposal Company, 18th Combat Sustainment Support Battalion, 16th Sustainment Brigade, in Grafenwoehr, Germany, the four-man team instructed 26 senior ROAF disposal technicians on the U.S. Army's method of conducting large-scale and safe munitions demolition operations.

The mission was one of seven U.S. European Command Humanitarian Mine Action Program train-the-trainer events conducted in the last year and one of four that directly supported the Department of State's Conventional Weapons Destruction Strategic Plan.

"It was hard to even consider ourselves instructors when they already knew most of what we were teaching," said Staff Sgt. Micah Bowman, the 702nd EOD team leader.

"They possess a wealth of knowledge that pretty much humbles us, because some of them have been doing their jobs for more than 30 years," Bowman said referring to the Romanian soldiers.



The resulting fireball, smoke and dust are from a demolition shot taken from three kilometers away.



From left: Spc. Yannick Baptiste, Staff Sgt. Micah Bowman and Spc. Christopher Porth of the 702nd Explosive Ordnance Disposal Company, observe Romanian demolition students place TNT blocks prior to a demolition, June 17.

Assisting Bowman were Sgt. Jonathan Reburn, the 702nd EOD team sergeant, and team members Spc. Christopher Porth and Spc. Yannick Baptiste.

Prior to the team's input, the ROAF were using old Soviet doctrine to destroy 130 pounds of munitions per demolition shot in hand-dug blast holes. By comparison, the first shot using the U.S. Army's method was 441 pounds and culminated with 2,205 pounds.

A demolition shot is a procedure where munitions are stacked in a shallow hole and detonated, which disintegrates or renders the munitions into tiny pieces of scrap metal.

Thirty-thousand pounds of munitions were destroyed during the field portion of the training, which is small con-

sidering the ROAF stockpile is an estimated several thousand tons.

"At their rate, it would have taken them nearly 20 years to destroy their excess stockpile," said Bowman. "It should now take less than five years once they finalize their standard operating procedures."

Romanian stockpiled ordnance includes motors, rocket-propelled grenades, hand grenades, mines and artillery shells that have been determined outdated, not fit for use or no longer in compliance.

We conduct testing to determine if ammunition is safe for service, out of date or if it possesses a threat to our troops if used," said Romanian Capt. Lucian Ciobanu, a Jegalia armament analysis laboratory technician who served as the interpreter. "Once we make that determination, the ammunition must be safely destroyed."

Destruction took place using newly learned techniques under the watchful eye of the American Soldiers.

ance with International Mine Action Standards.

The Romanians are on the right track to get rid of all their excess munitions sooner than later," added Bowman.

The ROAF disposal techs split into three teams and took turns meticulously and symmetrically stacking rows of munitions in preparation for each of the 10 training shots.

In addition to hands-on shot-stacking procedures, the ROAF forces were working with newly acquired eye and hearing protection, body armor and helmets, crimpers, blasting machines, radios, global positioning devices and remote wireless blast initiation systems. The equipment and training aids were part of the team's mission to significantly enhance the ROAF's demolition efficiency and safety measures.

Bowman's team introduced measures using existing blast holes, munitions stacking procedures and introducing TNT blocks as an ignition source as opposed to using primarily land mines.

"This is a model of how defense cooperation should be," said Air Force Col. Timothy Manning, the chief of the Office of Defense Cooperation, deputy for Security Cooperation, U.S. Embassy, Bucharest, Romania.

"This wasn't a team of U.S. people telling the Romanians how to do things, but cooperation with the Romanians and a sharing of ideas," explained Manning.

Manning noted there is no price tag for the lasting friendships and relationships that were forged over the two weeks.

The Romanians are on the right track to get rid of all their excess munitions sooner than later," added Bowman.

New IDs put personal info on a 'need to know' basis

By The Exchange, HQ
News Release

DALLAS — Social Security Numbers are enjoying the top-secret clearance they have always deserved as the Department of Defense has removed the nine-digit number from identification cards issued after June 1.

Authorized Exchange shoppers who receive the new ID will notice some changes when writing a check, putting something on layaway or making a return at an Army & Air Force Exchange Service facility.

The absence of the Social Security Number, the only number used by DoD for financial transactions to recover lost funds, means that cashiers will scan the new IDs to facilitate certain financial transactions.

"We've spent a great deal of time upgrading our systems to recognize the new IDs and provide these services without interruption," said the Exchange's Senior Enlisted Advisor Chief Master Sgt. Jeffry Helm. "The scanning process not only is more convenient, but also helps protect service members' personal data. So whether the ID is old or new, authorized shoppers have the proper 'security clearance' to exercise their Exchange benefit and shop with peace of mind."

While not a new process, scanning for the DoD ID number to complete select transactions assists in guarding the investment authorized shoppers make in their communities. A military command with a retail mission, two-thirds of Exchange earnings are paid to Morale, Welfare and Recreation programs. Procedures that protect assets helped the Exchange to contribute more than \$2.4 billion to quality-of-life improvements over the past decade in support of youth services, Armed Forces Recreation Centers, arts and crafts, aquatic centers, golf courses and more.

Information concerning the DoD's new Smart Card is available online at dmrc.osd.mil/smartzard.

Exchange pays dividends

By The Exchange
News Release

GRAFENWOEHR, Germany — The Grafenwoehr Exchange is paying dividends in more ways than one as Soldiers exercising their benefit by dining at and shopping on post last year generated a dividend of \$1,402,967.52.

These funds are critical to Army FMWRC's ability to enhance local programs and facilities including the Grafenwoehr and Rose Barracks bowling centers and fitness centers and many other FMWRC facilities.

"The Exchange's dual mission is to provide goods and services at competitively low prices and generate earnings to support FMWRC programs," said the Marla Smith, Grafenwoehr Consolidated Exchange's general manager.

"As a result, the dollars that troops and their families use to shop the Exchange or eat at the food court generates a healthy return by directly improving Army quality of life efforts," she said.

This dual benefit goes far beyond clothes, electronics or consumables. In fact, worldwide purchases made in the past 10 years have provided more than \$2.4 billion to military Morale, Welfare and Recreation programs such as youth services, post functions and aquatic centers.

U.S., Slovenian troops train, learn together during FTX

By Spc. Joshua Leonard
U.S. Army Europe Public Affairs

POSTOJNA, Slovenia — Soldiers with U.S. Army Europe's Charlie Company, 1st Battalion, 4th Infantry Regiment, from Hohenfels, Germany, spent two weeks here training with troops from the Slovenian armed forces' 1st Company, 20th Motorized Battalion.

Exercise participants said the combined forces worked hard to overcome the language barrier and differences in tactics to perform numerous tasks and battle drills and complete a company-level FTX, or field training exercise.

"The soldiers and some of the noncommissioned officers have overcome the language barrier and it was challenging for them," said 1st Lt. Rok Kovse, executive officer for the Slovenian company. "During this exercise, we overcame this challenge and people started working together and understanding each other and using the same tactics, which was shown when we did the FTX."

The training also gave the USAEUR Soldiers a rare chance to try out some Slovenian weapons and equipment such as the F2000S, the standard rifle for Slovenian forces; the RGW rocket launcher; and the Valuk armored personnel carrier.

"This is a great opportunity to see how our allies train. This gives us a chance to train on some of the basic infantry tasks (together)," said 1st Lt. Wesley McCullough, platoon leader for the 1st platoon of the 1-4th. "Everyone learned a lot."

The training was part of annual training and certification for the Slovenian unit and is being used to prepare the company for an exercise in Hohenfels later this year.

"The training that we conduct together helps us improve procedures, and as a result our deployments are much better," said Capt. Andrej Krivec, commander of the 1st Company. "Sharing the experience and the procedures was the best."

The 20th Motorized Battalion,



Photos by Sgt. Joel Salgado

A Soldier with U.S. Army Europe's Charlie Company, 1st Battalion, 4th Infantry Regiment, and his Slovenian partner conduct pull security from a support by fire position during a combined company field training exercise, June 23.



Soldiers with Charlie Company, 1st Battalion, 4th Infantry Regiment, dismount a Slovenian armed forces Cougar helicopter during a combined company field training exercise, June 22. The training was part of an evaluation procedure for the Slovenian forces.

formed in 1992, is composed of three motorized companies, a mortar company and a headquarters logistics company. Together, they have trained with members of the U.S., Hungarian and Italian armies and continue to participate in combat and peace support operations and offer assistance in natural and other disasters in support of NATO.

"This was really great," said Staff Sgt. Alejandro Reyna, platoon sergeant for the 1st platoon of the 1-4th Inf. Regt., has trained with NATO forces before. He rated the training here alongside Slovenian partners as top-notch.

"This was really great," Reyna said. "This is what we're here for, to train and learn."



The 121st Medical Company (Air Ambulance), a National Guard unit from Fort Belvoir, Va., salutes during a farewell ceremony at Hohenfels, June 16. During its yearlong deployment, the 121st completed 13 real-life medevacs and was a critical asset to Joint Multinational Readiness Center, Hohenfels.

Med. Co. reflects on deployment to Germany

**Story and photo by
Spc. Chelsea M. Russell
350th Public Affairs Detachment**

HOHENFELS, Germany — As the brightly colored flags of the United States and Germany wave in the balmy breeze of an early summer afternoon, a formation of Soldiers stands at attention on the yellow helicopter landing pad here, June 16. These men and women are beginning their return home after a year-long deployment to Germany.

The 121st Medical Company (Air Ambulance), a National Guard unit from Fort Belvoir, Va., participates in a farewell ceremony celebrating their service at the Hohenfels and Grafenwoehr training areas.

The 121st is the U.S. Army's first deployed medical evacuation (medevac) company to deploy outside the continental United States with the brand new UH-72A Lakota light utility helicopters.

Although their numbers are smaller than average, these 29 Soldiers with the 121st are the embodiment of efficiency.

"We are a platoon-sized element providing a company mission," said Sgt. 1st Class Michael Quinones, the company's first sergeant. "Everybody's multitasking, filling many roles and working many hours."

The 121st only had 42 days notice to mobilize and be mission ready.

"Usually when a unit is notified for deployment they have one year to 18 months for prep time," said Quinones. "There was a lot of jumping through hoops making things happen because showing up and not being able to provide medevac is unacceptable."

Spc. Darrell Ferree, a flight medic with the 121st, is also a civilian firefighter emergency medical technician. Ferree said it was easier to work in Germany, rather than

Iraq or Afghanistan, because it was no different than working at home.

"The biggest surprise in the beginning was, hey, you're being deployed but, umm, you're going to Germany," said Ferree. "You expect to be deployed, but we thought we'd be deployed to one of the combat theaters."

Ferree said this mission was a challenge initially because their unit had just been established when they received notification of their imminent deployment. Thirty days prior to deployment probably less than half of the 121st was completely mission ready. The 121st has gained essential training experience during their deployment to Germany.

"Professionally, being on this assignment has been rewarding," said Maj. Mark Escherich, the unit's company commander. "I think we've all had a great sense of satisfaction knowing that we're helping Soldiers prepare for war and, of course, when people get hurt, helping them and their families."

He said it's been hard as a husband and father because, like many Soldiers, he's missed birthdays and anniversaries.

"Thank goodness for Skype," he said, laughing.

Escherich said that as a unit, this deployment has definitely increased their readiness to provide their domestic medevac mission in the Washington, D.C., region.

"I know our Soldiers have gained technical expertise while they've been here," said Escherich. "We haven't had our own station facility (like we do in Fort Belvoir, Va.) providing an over watch and guidance, so our Soldiers have had to learn how to manage and maintain the aircraft without a supervisor who's been doing it for 30 years."

During its deployment the 121st completed 13 real-life medevacs and were a critical asset to the Joint Multinational Readiness Center in Hohenfels, Germany.

Cadet gets a preview of Army life

ROTC cadets sample their future during summer break

**Story and photo by
1st Lt. Edward Perrin
16th Sustainment Brigade
Public Affairs**

BAMBERG, Germany — Making the transition from college student to everyday professional can be a stressful adjustment for graduates. However, making the transition from college student to wartime leader involves challenges that spending your time in the classroom cannot simulate.

For upcoming graduates of West Point and various Reserve Officer Training Corps programs on college campuses around the country, their first challenge as a college graduate is not to find a job, but to inspire Soldiers of varying ages to follow them into harm's way.

To assist a newly minted second lieutenant's transition into the regular Army, the Cadet Troop Leader Training Sponsorship Program places future second lieutenants into



Marcie Nordt (left), a West Point cadet, poses with her sponsor, 2nd Lt. Jen Brouillette, a medical services officer and medical platoon leader with Headquarters and Headquarters Company, 16th Special Troops Battalion, 16th Sustainment Brigade, during a field exercise in Grafenwoehr, recently. Nordt also hopes to become a medical services officer after she graduates.

regular Army units for a few weeks during the cadet's summer break. Divided into three separate phases, the program runs consecutively throughout the summer months.

One cadet in the program recently spent time here with Headquarters and Headquarters Company, 16th Special Troops Battalion, 16th Sustainment Brigade, 21st Theater Sustainment Command, was West Point cadet Marcie Nordt.

"The first week we spent in garrison," said Nordt summarizing her experience. "The last two weeks (we) have been in the field doing fun stuff like running convoy operations, learning some medical skills, ranges and whatever random task we've been assigned."

Although Nordt enjoyed the field, she also saw that her future as a platoon leader would involve some strenuous work.

"As a platoon leader the

days are very long and they never seem to end. You never know when your duty day is over because you get tasked with lots of random stuff," said Nordt.

Nordt also recognized some of the challenges of being a platoon leader as a great opportunity to grow and learn.

"As a platoon leader, it's an interesting balance between you and your platoon sergeant. (Seeing) how those roles work has been really good and I've learned a lot," added Nordt.

"I'll take pretty much everything with me back to West Point, but the main thing I would say is (learning) what to do and not to do as a leader."

"I definitely think it has been worthwhile. I've learned a ton and hopefully grown as a potential lieutenant and leader," said Nordt.

Nordt was member of the first phase of program to come to the 16th Sustainment Brigade, May 24-June 15.

In the coming months, more cadets from various programs will spend a few weeks with the other battalions throughout the brigade.

"BJJ, like other martial arts, provides a source of constant learning," added Workman. "It is the science of BJJ that keeps me hungry to learn and train more."

Sgt. Gordon Perkes recently completed the level 2 combatives course and competed in the 2011 Bavarian Open Combatives competition at Hohenfels, June 25. He said when he heard about the free course he was anxious to add to his repertoire.

"It's definitely a lot more laid back than the combatives course," Perkes laughed. "He shows you how to do it, and then says 'OK, give it a try.' The whole purpose is just to get everybody better at it."

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Continued from page 4

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Jiu-Jitsu builds strength

Exercise tests interoperability

Continued from page 1

the 4th Air Support Operations Squadron. "The fact is that they are just as likely – if not more likely – than operators at times, to be selected to do things such as convoy operations. We are absolutely adamant that our support side personnel are comfortable with their weapons and equipment, and that they have the time to gain currency and proficiency with these things."

One example of training geared toward support personnel was the Emergency Close Air Support Lane. In the scenario, a JTAC was incapacitated and participants had to determine which of his radios communicates with the tactical operations center and which communicates with the aircraft overhead. He or she must then effectively describe the enemy's position to a pilot, using landmarks and units of measure.

Personnel from NATO partner nations not only participated in the training – in some cases, they lead it. In fact, two of the eight primary training lanes were led by the U.S.'s partner nations, including the Urban Lane, run by Danes, and the Forward



Photo by Molly Hayden

Operating Base Defense Lane, which was run by Belgians.

Belgian JTAC instructor 1st Lt. Bart "Kojak" Vantomme ran the FOB Defense Lane, which required JTACs to call in close air support to defend a base that was under attack by insurgents.

Vantomme designed the scenario himself, which he said was based on a personal experience he had in Afghanistan's Kunduz Province in 2009.

In addition to realistic scenarios, a measure of realism was added by the use of Close Combat Mission Capa-

bility Kit simulation rounds. These CCMCK rounds are low-velocity marking rounds fired from specially modified M4 and M16 rifles. The rounds fire a wax-based dye, which visibly marks targets that have been hit.

Every day, NATO partners fight beside their U.S. counterparts in conflicts such as Afghanistan, which makes it critical to train together, Berry said.

"In order to be successful, we need to train like we fight, and we are absolutely committed to doing just that," he said.

JROTC cadets push themselves during 'camp'

Continued from page 1
senior Army instructor at Baumholder High School.

"The purpose is to challenge the cadets, to exercise their muscles, and give them the confidence to complete these tasks," said Schwab. "There is no reward for being the best and no penalty for being the worst. It's all a learning experience."

For cadet Capt. Ashley Lopez, Bamberg, who admitted being brought to tears during a drown-proofing exercise, where participants jump into a pool in ACUs from a diving board five meters high, the camp has brought more confidence.

"I'm afraid of heights and I can't swim," said Lopez. "But I knew I had to

jump in the water during the challenge, and when I did it was a great feeling."

During the numerous and challenging activities, cadets tested their strengths and weaknesses, built relationships with other cadets and experienced new obstacles in a recreational environment.

But the camp was not all fun and games, as cadets woke every morning at 5 a.m. to prepare their barracks for inspection.

"There is a lot of pressure to keep your barracks clean," said Lopez. "That was even harder than the drown-proofing."

For some, however, the long days and early hours prepared them for the future.

"This camp is a good



JROTC cadet Pfc. Eddie Otgonbayar, Baumholder, climbs up a rock wall during a Cadet Leadership Challenge exercise held at the Grafenwoehr Training Area, June 27.

transition into my future military life," said cadet Sgt. Jonas Jackson, Baumholder, who hopes to become an Air Force pilot. "I now have leadership skills and am better organized."

"And I love to wear a uniform," added Jackson.

The Cadet Leadership Challenge was sponsored by Department of Defense Dependent Schools-Europe and the U.S. Army,

with support from the following organizations: Joint Multinational Training Center, the U.S. Army Reserve, Schweinfurt, Heidelberg and Grafenwoehr Outdoor Recreation facilities, U.S. Army Garrison Grafenwoehr Dining Facility, Central Issue Facility, the Tower Inn, 69th Signal Battalion and 2nd Stryker Cavalry Regiment, rear detachment.

pass up a race in my own backyard."

Fanto attributed Hohenfels' tough terrain to the course's challenge. "It's on top of this hill, so you climb this hill about three separate times on a loop and then you've got a good third of it that, at least for me, is very technical, lots of roots, lots of rock. Then with it raining today, I slipped about 9 times, which was frustrating."

The competitors all agreed that despite the wet weather, the race was a great success and a lot of fun. Jeff Gordy, a civilian with Ops group Hohenfels, summed it up with, "After that race, I tell you, I got a new max heart rate!"

The next race in the series will be at USAG Kaiserslautern, July 9.

Tough terrain tests mettle of local mountain bikers

Continued from page 8
I knew experienced riders were going to excel here."

"I would describe myself as a recreational mountain biker, and I found the course very challenging," said Lt. Col. Ricky Utley, Joint Multinational Readiness Center. "The rain made it pretty wet, pretty slippery. You had to stay on your game the whole time."

Both men have plans to compete in the remaining five races. Points are

accumulated throughout the series, though riders are welcome at each individual race whether or not they wish to compete in the entire series.

Capt. Morrie Fanto, Operations Group Grizzly, had not planned to ride in the race, saving his energy for a biking event in the German city of Lupburg the following day, but changed his mind at the last minute.

"My wife and I walk the dog up here every day," he said. "I couldn't

pass up a race in my own backyard."

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Dancers appreciate Soldiers' flexibility

Continued from page 1
that most deployments last one year.

The room grew a bit quieter, and the jetlagged and spellbound dancers stared out the window as they took in the gravity of Spain's words.

Then, as if on cue, the entire 1st Battalion, 77th Field Artillery Regiment, began to take formation in Andrus Garden, just outside Spain's office. Low-sung cadences rang out from exuberant first sergeants. The five companies – totaling hundreds of Soldiers – quickly filed into place. "We used to do that in dance

class," said Hightower in regards to the counting-off of steps with marching cadence.

"It's just like in movies," exclaimed MacManus, transfixed by the ordered rows of troops before him.

The battalion took full formation and Commander Lt. Col. Christopher Cardoni delivered a safety brief prior to the Soldiers' upcoming predeployment block leave. After a few serious moments to allow the commander to deliver the necessary information, the dancers were allowed to mingle

with the troops and pose for some morale-boosting photographs.

It was difficult to tell who was more impressed by the situation: the Soldiers for receiving a visit from glitzy television stars, or the gracious stars themselves who couldn't thank the Soldiers and commanders enough for the opportunity.

"This is a real experience," said MacManus. "To be amongst the troops themselves. Until you're actually here, it's only things you've seen on TV." The Soldiers could have said the same in return to the dancers.

E-mail addresses will stay with users after PCS and unit relocations

Continued from page 1

of duty station and unit relocations.

Examples: active duty – john.mi.doe@mail.mil; civilian – john.mi.doe.civ@mail.mil; contractor – john.mi.doe.ctr@mail.mil

Anytime, anywhere access from any authorized, Common Access Card (CAC)-enabled computer.

Sharing of individual, organizational and resource calendars across the enterprise.

Enterprise E-mail is one part of the Army chief of staff's goals to transform and consolidate LandWarNet computer services, networks and data into one secure and well-organized environment.

"This migration will improve Army and eventually all DoD operations and mission effectiveness by significantly increasing e-mail storage, enabling access to a global DoD address list, providing a permanent e-mail address regardless of location or station, saving millions of dollars in FY13 and beyond by eliminating and consolidating hardware and data storage redundancies," said Brig. Gen. Paul Woolston, network operations analyst with 102nd Signal Battalion.

"The process works best with small mailboxes."

Woolston also said it is important for users to make a note for their recurring calendar events and names of those they invite to those events if they use and manage calendars.

"After migration you will have to reinvite people to your events. You will have to reset the recurring schedule for these events as well," said Woolston.

Soldier gets 7 years for rape and indecent acts

Continued from page 2

Rape

At a general court-martial convened on Rose Barracks, Grafenwoehr Military Community, May 18, Pfc. Teakell D. Smith, Regimental Support Squadron (Rear)(Provisional), 2nd Stryker Cavalry Regiment (Rear)(Provisional), was found guilty, contrary to his pleas, of one charge and three specifications of a violation of Article 120, UCMJ, for rape by force, wrongful sexual contact, and indecent acts; and guilty of one charge and one specification of article 128, UCMJ, assault consummated by a battery. An enlisted panel sentenced him to be reduced to the grade of private (E-1), to be confined for 12 months, and to be discharged from the service with a bad conduct discharge.

Willful disobedience

At a general court-martial convened on Conn Barracks, Schweinfurt, Germany, May 26, Pfc. Ryan M. Houlden, C Troop, 1st Squadron, 91st Cavalry Regiment, 173rd Airborne Brigade Combat Team, was found guilty, contrary to his pleas, of one charge and one specification of a violation of Article 91, UCMJ, willful disobedience of a noncommissioned officer; guilty of one charge and one specification of a violation of Article 92, UCMJ, failure to obey a lawful written order; and guilty of one charge and one specification of a violation of Article 128, UCMJ, aggravated sexual assault. An enlisted panel sentenced Piren to be reduced to the grade of private (E-1), to forfeit all pay and allowances, to be confined for 12 months, and to be discharged from the service with a bad conduct discharge.

Missing movement

At a general court-martial convened in Bamberg, Germany, May 20, Sgt. Michael L. Treat, G Company, 54th Engineer Battalion (Rear) (Provisional), was found guilty, contrary to his pleas, of one charge and one specification of a violation of Article 87, UCMJ, missing movement by design; and guilty of one charge and one specification of a violation of Article 107, UCMJ, desertion with intent to avoid hazardous duty; and Not guilty of one charge and one specification of a violation of Article 90, UCMJ, willful disobedience of a superior commissioned officer.

A military judge alone sentenced Treat to be reduced to the grade of private (E-1), to be confined for three months, and to be discharged from the service with a bad conduct discharge.

Abusive sexual contact

At a general court-martial convened on Rose Barracks, Grafenwoehr Military Community, May 25, Pfc. James S. Piren, Regimental Support Squadron (Rear)(Provisional), 2nd Stryker Cavalry Regiment (Rear)(Provisional), was found guilty, contrary to his pleas, of one charge and one specification of a violation of Article 128, UCMJ, abusive sexual contact. He was found not guilty, in accordance with his pleas, of one charge and one specification of a violation of Article 124, UCMJ, maiming. An enlisted panel sentenced PFC Houlden to be reduced to the grade of private (E-1), to forfeit all pay and allowances, and to be confined for a period of 120 days.

Aggravated assault

At a general court-martial convened on Rose Barracks, Grafenwoehr Military Community, June 9, Spc. Cameron W. Nolan, F. Company, 5th Battalion, 158th Aviation Regiment, 12th Combat Aviation Brigade, was found guilty, contrary to his pleas, of one charge and one specification of a violation of Article 107, UCMJ, false official statement; and one charge and one specification of a violation of Article 128, UCMJ, aggravated assault.

He was found not guilty, in accordance with his plea, of one specification of a violation of Article 128, UCMJ, assault consummated by a battery. An enlisted panel sentenced him to be reduced to the grade of private (E-1), to forfeit all pay for a period of two months, to be confined for a period of two months, and to be discharged from the service with a bad conduct discharge.